AN ACCOUNT

Of the Wonderful

CURES

Perform'd by the

Cold Baths.

With Advice to the

Water Drinkers

AT

Tunbridge, *Hampstead*, *Astrope*, *Nasborough*, and all the other *Chalibeate Spaws*: Wherein the Usefulness of *COLD BATHING* is further recommended to the Lovers of *Coffee*, *Tea*, *Chocolate*, *Brandy*, &c. Preferring the Use of Bathing in those Springs before the Drinking of Their Waters. With a Table of the Diseases in which *COLD BATHS* are Proper, or Dangerous.

To which is Prefix'd

A Letter from Sir *John Floyer*, in Answer to One of the Author's to him, about the further Use of *COLD BATHS*.

By Dr. *BROWNE*.

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AN ACCOUNT OF THE WONDERFUL CURES

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With Advice to all

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LIBRARY

THE PREFACE.

NOtwithstanding the many Remarkable Cures that have been effected by *Cold Baths*, of late, in these *Southern* Parts of *Great Britain*, and the Multitudes of People that Resort to them, yet there wants not a number of Men who are profess'd Enemies to them, upon no other rea-

ſon, than that they fancy they Oppoſe their *Intereſt*, or their *Inclination*. The firſt of theſe are ſome *Phyſicians*, and *Apothecaries*, who are afraid the People ſhou'd purchaſe their Healths at too cheap a Rate, or at leaſt the Reputation of their *Skill* and *Medicines* ſhou'd ſuffer by the extraordinary Cures perform'd by *Cold Bathing*. The others are a ſort of *Effeminate Luxurous Men*, who have Debauch'd their *Conſtitutions* by Eaſe and Delicacy, and cannot think of ſuch rough Treatment as *Cold Water*, ſo directly

oppoſite to a *Bagnio*, *warm Bed*, or *Flannel Shirt*.

THE continual uſe of *Coffee*, *Tea*, *Chocolate*, and the hot Spices in their *Ragoues*, *Frigaſies*, &c. have quite ſpoil'd their taſte and reliſh of the true Comforts of Life, which conſiſt in the cool refreſhing Simples of *Spring-Water*, *Syder*, *Mead*, *Lemmons*, *Cucumbers*, &c. which are to be prefer'd far before the hot *Regimen* above-named.

I am not of thoſe Mens Opinions, who, when any

particular

particular Medicine, or Method of Cure, has prov'd Successful, are presently for making it Universal: Nor like some others, who, when they have got a Notion of a thing, are for forcing their Practice, right, or wrong, to establish their Opinions. I can truly say, without Boasting, I am Unprejudiced in all my Sentiments of *Physick* or *Philosophy*, that are not evidently *Demonstrable*. Every *Hypothesis* I either retain or reject, according to the next best Reason that offers it self; and I think it

no Dishonour to a *Philo-*
opher, to change his Opi-
ion every Day as often
s he finds Reason or Oc-
asion so to do: Such a
ne cannot be call'd a
Fickle, but a Rational
Man, and is only then fit
o make a *Physician*, when
he has got Knowledge e-
nough to know he's only
Nature's Handmaid; and
consequently must watch
her Motions, not *Dogma-*
tically teach her, but *Mo-*
destly let her instruct him.
The Business of a *Physician*
s to attend the Disease
diligently, to observe the

Winding

Windings and Turnings, the Change and Variety of the Diſtemper. For while *Nature* is in a regular Courſe, ſhe wants not the aſſiſtance of the *Phyſician*; but when ſhe is put out of Order, he is then to reduce her, by Tracing out her Steps, and following her in all her Vagaries.

TO Day ſhe intimates that ſhe abounds with *Blood*, and calls for *Evacuation* that way; to Morrow that *Symptom* diſappears, and another more Formidable ariſes; whatever ſhe indi-

cules,

rules, the *Physician* ought to follow, and not prescribe a Method to himself, contrary to what *Nature* seems to aim at. When *Nature* can give no assistance, the *Physician* is to use all his Skill to re-inforce her with Foreign Aid, as in the Case of *Apoplexy*, *Lethargy*, and the like; sometimes the Cause is Terminated in the Effect, and then no respect is to be had, or notice taken of the first, as in the *Stone* or *Gout*. In other Cases we can only remove the Effect by relieving of the Cause, as

in

in *Dropsies*, *Rheumatism*
&c.

THE Method that
before us now, is that
Cold Bathing, to which
great regard ought to b
had as any Course of *Medi*
cines whatsoever; for if th
Physician understand not th
Nature of these *Waters*,
the Reason of their Opera
tion, he is but little fit t
advise his *Patient* to the u
of them, and will be stil
much more unqualified, a
long as he continues Igno
rant in the Practice of them
or at least is not Solicitou

to make faithful Observations upon the alterations they make in *Diseases*, and their *Symptoms*. For could we but once arrive at a tolerable certainty from a long course of Observations, what *Distempers* they surely relieve, and what they are hurtful and dangerous to, it would be of vast Importance to the Practice of *Physick*: But as the matter now stands, the *Cold Baths* are apply'd to, in all the dangerous and obstinate Cases, without the Advice of the *Physician*; chiefly, because the Generality of 'em have Oppos'd them,

or, which is every whit as bad, when they have Consulted such *Physicians* as they are inform'd have a favourable Opinion of this Method of *Cold Bathing*, they are either such as have not made it their Business to attend at these *Baths*, and make Observations, or whose particular Practice in this kind has not been large enough to furnish them with Cases, whereby to make a tolerable Judgment, whether they are absolutely proper in their present Condition or no.

The Preface.

I have attempted here to give a *Table* of the *Diſeaſes* in which *Cold Baths* are both *Proper* and *Improper*; and I think ſuch a one ought to be fix'd at every *Cold Bath* about the Town, to prevent the *Ignorant* and the *Needy* from Ruin and Deſtruction. For as *Cold Baths* are highly uſeful where *Proper*, ſo are they very fatal where unadviſedly applied to. How far the World may think me qualified thus *Dogmatically* to fix a *Table* of *Diſeaſes*, like that hung up in the Temple of *Æſculapius*, I am

not much concern'd, since I only pretend to offer the best of my Judgment for the Satisfaction, and, I hope, the Advantage of the *Publick*; which, I am of an Opinion, can from no other Hand be so well supplied upon this Head; because, I believe, I may say, without Vanity, I have seen more of this *Practice* than all the *Physicians* of *London* put together.

AND if the Reader will please to Pardon a small Digression, I will give him a little Scetch of the *Theory*,

y, with ſome Account of *erſpiration*; how the *Aper-ures* of the *Cuticular Glands* re extended by *Sweating*, nd how they are contra-ted by *Cold Bathing*?

I N order to this I ſhall ake the Liberty to examine nto that *Fluid*, or *Pellucid Liquor*, from whence the *Nutritious Juice* is ſupplied, or it is very obſervable, hat it is not the *Red* and *Grumous* part of the *Blood*, ut the *Pellucid* and *Serous* nly, that becomes *Nutriti-us*; for that the *Grumous* carce contains an eighth

part of the whole, so tha
if the parts were Nourishe
from that eighth part of th
Blood, I cannot imagin
where the other seven woul
be bestow'd; but on th
contrary Observation wil
inform us, That in that Re
part of the *Blood* is con
tain'd more than two third
of *Spirit*, and three time
more *Volatile Salt* in pro
portion, than the *Serum* has
so that it is more fitly qua
lified for maintaining th
Heat and Motion of th
Blood, and less qualified fo
Separation into the *Minute*
Vessels and *Ramifications* o
th

the *Glands*, by reason of
the its *Fibrous* and *Adglutinat-*
f th*ing Parts*, with which it is
gin bound together by means
oul of its *Fix'd Salt* and *Gross*
th*ament* of *Earth*, of which
wil it has a third part more
Re*dian* the *Serum*, which a-
con bounds more with *Flegm*.
hird
ime NOW I wou'd be under-
pro stood what I mean by the
has *Nutritious-Juice*, which is
qua the same sometimes called
th *Excrementitious* in *Sweat*,
th tho' very improperly; for
d fo the same Matter which is
yute convey'd to the Parts for
s o their *Nutrition*, if not al-
th ways,

ways, is moſt frequently thrown off by *Perſpiration*; ſo we may ſee on one Hand Perſons moſt adapted to continual ſtrong *Sweating* grow thereby Vigorous and Healthful, their Skins being ſmooth by the *Lubrication* of the *Sweat*, together with the *Extenſion* of the Parts, which otherwiſe, for want of due *Perſpiration*, look ſhrivel'd and dry, by reaſon the Skin is contracted, and ſo appears like a folded Cloth. On the other Hand, Perſons in *Conſumptions*, or other Diſaffections, whereby the Blood is in

too

o great a State of *Solu-*
n, so that the Grumous
arts of it is become Dis-
ynted, and consequently
ore adapted to flow with
e *Serum*, and so being
oke from its former Tex-
re, passes with it into the
bit of the Body; or to
eak more properly, the
olatile Salts and *Spirits*
ing thus loosed from the
x'd Salts and *Grumous*
rts, with which before
ey were lock'd up, are
w more Naturally driven
the heat of the Parts
their Extremities, which
at, if bound in by too
great

great a Restriction of th
Pores, produces what w
call *Hecticks*; or otherwi
by too great a *Relaxatio*
the *Fluid* presses out in to
great abundance, and mak
Colliquative-Sweats, whic
are so call'd from the to
plentiful *Solution* of the *V*
latile Salts, which soon e
feebles the whole Body, a
emaciates all the *Muscul*
and *Carnous Parts*, which
what we call a *Confirm*
Consumption.

TO make this the mo
Intelligible, I shall Instan
what the *Farriers* obser

Horſes, when they are *ide-bound*, as they term it, ' you feed them never high, they will not grow t till they have firſt Re-edied the *Indiſpoſition*, hich is found to be a ce of the Skin, or a *Cu-ular Malady*, which is ef-ſtually relieved by Swim-ng the *Horſes*; which a forceable *Concentration* the Heat ſends it out ore violently to the *Ex-am Parts*, and opens the *ands* which were before oſtructed, but now give ſie Admittance for the *rum* to paſs by *Perſpira-*

tion,

tion, which, as soon as e
fected, the Horse begins
Thrive, and presently grow
smooth by casting his o
Coat, which before w
rough, and wou'd not she
I mention this to show ho
Demonstrable it is that
such a State the *Pores*
the Skin are so contracte
the Hair cou'd not fa
but as soon as the Obstr
ction of the *Glands* w
removed, the *Pores* dilate
and gave free Liberty f
the Hair to Drop, and t
Serous Fluid to Evacuate.

IF we nicely enqui
int

to the Original of *Blood*, shall find it in its Infancy to be *Pellucid*, not have any thing of Redness in it; that Red Colour being only the effect of a Progress of *Digestion*, the Addition of *Actual Heat*, as we may observe by *Incubation* in *Oviparous*, or the heat of the Womb in *Viviparous Animals*. This Evident in the *Cicatrix* of the *Egg*, which, by the *Actual Heat* of the *Hen*, comes, in a short time, of a Red Colour; nay, the Heat of *Horse* and *Pidgeon's* Wing will soon produce

that variation of Colour
and ſome have gone ſo fa
as to hatch the *Chicken*, by
means of a Regular *Sand*
Furnace: The *Naturaliſts*
tell us, That the *Oſtriche*
Eggs are hatch'd by th
heat of the Sands in the De
ſarts of *Arabia*. This ſhow
us that the Colour of th
Blood is meerly *Accidenta*
and not *Eſſential* to its Na
ture, and the *Conſtituen*
Parts of it, for the *Gru*
mous and the *Serum* conſi
of the ſame Parts, *viz*
Of *Flegm*, *Spirit*, *Volati*
Salt, *Oyl*, *Fix'd Salt*, an
Earth, only the *Grumou*
ha

as the greater ſhare of the
wo laſt, which Fetter it,
nd make it more unapt
or ſuch a Motion, as ſome
ontend for, in the *Blood*,
ithout Reaſon or Deſign.

IN the Body, the *Per-*
lation thro the *Glands* ma-
eth a Separation of the
erum from the *Blood*, which
hen changeth its Redneſs,
ho' not its Nature. For
Doctor *Needham* affirms, The
permatick Parts are nou-
ſh'd by the *Serum*; and
is not improbable to ſup-
oſe that the Formation of
he *Fœtus* is compleat be-

fore any Redneſs appea
and there are many An
mals that have no Redne
in the *Blood*, therefore ca
led *Exanguious*. There ar
certainly two diſtinct *Ex*
cretions perform'd in th
Liver, one is by the *Por*
Dilarij, the other by th
Lymphæducts, which are her
very Numerous; and t
worth Obſervation. Tha
theſe *Lymphæducts* in the *Li*
ver inoſculate the Extre
mity of their *Trunks* wit
the *Pori Bilarij*, which can
not be ſaid of any two d
ſtinct ſort of Veſſels, tha
carry diſtinct ſort of Liquor

them throughout the whole Body again.

THE parts of the Se*rum* are products of the *nourishment* eaten, and the materials out of which all the parts of the Body, as well *Nutritive* as *Excrementious* are made; nay, the *Serum* is the propeditor general of the Body, as first *Saliva* is but part of the *Serum*, separated by the *Salivatory Glands*, as the Liquor of the *Ventricle* is derived from the *Glandulous Coats* thereof; this being but a rude mixture of the

Alimentary Mass in the *Guts*
both by the great Chan
of the *Ductus pancreaticus*
and the lesser Ouzings o
all the *Spongy Glandules*
the *Guts* and the *Mesentery*
which promotes the forme
separation by the additio
of the *Bile*, which bein
mix'd with this *Mass*, a
tenuates all the *Juices*
the *Duodenum*: And afte
all this the *Serum* is agai
Cohobated, if I may
Term it, upon the alimen
tary mixture in *receptacu*
chyli, and so passeth wit
it, being squeezed up th
Thorax, till it become uni

d with the *Blood*, though
ere is not any Momentary
utation made of it, either
the *Heart*, *Lungs*, or
ewhere, but by the agi-
ion of its parts, admit-
g the *Spirits* to pass
repass through it: It
gradually work'd up into
the Nature of *Blood*
Serum, which *Fluid*
ces *Perspiration*, of such
olute Necessity for main-
ing the *Animal Life* in
a State as we observe
may, and that of *Plants*
in which it appears to
as useful, as in the Nu-
on of *Animals*: For it

is

is wonderful to obſerv
what aſſiduous *Tranſpiratio*
there is in *Vegetables*; na
what a profuſe *Diſtillatio*
through all their Pore
indeed ſo great ſometim
that many Trees have ru
like Fountains, as the *Pi*
and *Firr-Tree*, which co
tain in them much *Viſco*
Juice, and with all caſt o
great Quantities of Wate
becauſe that *Viſcous Juic*
which is the proper A
ment of thoſe Trees ca
not permeate the cloſ
Pores, unleſs dilated wi
a ſufficient quantity of W
ter, ſo that it may be r
duce

ced into finer Particles, ich requires immense antities of Water to per- n, and consequently a werful Evacuation.

B U T it is certain that a Hundredth part of Water which is appli- to Roots or Seeds of nts, and which they im- by the protrusion and ansive force of the Air, nverted into the growth nutrition of the *Plant*, it transpires and is ex- d in its Motion through *Succiferous Vessels* into ch it is convey'd, as

Water

Water is by Air into
Pump. And here, by t
by, it will not be out
the way to observe, Ho
far the expansive Par
cles of the Air may cont
bute to the Nutrition a
Augmentation of *Plants*, a
the introducing their N
tritious Juices; for the
long and obtuse Partic
of Matter, which penetra
and constitute all dense a
compact Bodies, gain adm
tance into *Plants*, by D
lating their Vessels, as t
Nutritious Juices perva
their Pores, though th
Nutritious Juice is not me

Elements

lementary *Water*, but a rtain *Viſcous Matter* which s undiſcover'd, and is nvey'd in that *Vehicle*, cauſe the *Viſcous Juice* ſelf is not ſo adapted penetrate the cloſer res, till it be firſt attenu- ed and divided into ſub- er and finer parts, and ſo ade more *Fluid*, that to- ther with the *Water*, it ay more readily, and with e greater facility, be con- y'd through the *Minuteſt* hicle of *Vegetables*.

THIS *Comparative Ana-* gy may give us a plainer inſight

insight into the Nature
Perspirations in *Anima*
which, according to *Sanc*
rius in his Statricks, is ve
considerable; *Perspiratio*
sensibilis sola solet esse ton
plenior quam omnes sensibi
simul unita.

AND we have not
ly this Great Man's Wo
for it, but this is genera
confirm'd by the Obser
tion of every *Practition*
who begins to find
great use of promoting,
obstructing *Perspiration*
the Cure of many *Disea*
of which Doctor *Cole*

Ingeniou

emoully Treated. And there may be many fferent Opinions, *de Modo peragendæ Ratione*, yet as ny as will give themves to think, and consider reasonableness of the ctrine of *Perspiration*, l, no doubt, soon be ught to acknowledge the ny Uses and Advantages t Enquiry may be of, if ntly consider'd to the ctice of *Cold Bathing*, and the more certain Knowge and easier Cure of leases by that Method.

AS *Air*, as I have hinted d before,

before, is absolutely necessar
to the growth of *Vegetable*
by assisting the Motion
the *Fluids*, so it does th
same thing in *Animals*;
when a Rarefaction is mad
by the Attrition of the S
lids, the subtiler Particles
that Body being long an
obtuse, easily Insinuate them
selves into the closer an
compacter parts of the Bod
after which will follow t
Globulous Particles of t
Fluids, from the Dilatati
that was made for them,
the foregoing Particles
Air, which expand the
selves as they are put in
quick

icker motion; ſo *Fear* or
y ſhall put the Particles
Matter into ſuch a mo-
n as to procure *Sweat*,
hich if it meets with the
xternal Coldneſs of the
mbient Air, thoſe ſubtile
rts, which before was by
eat Expanded, and made
y for the ſubſequent *Fluid*
paſs, Now, finding and
eeting with the groſſer
rts of the Air too denſe
Penetrate, their long and
rp Points are Blunted by
Eſurine Salts, which are
o Compact; ſo that the
tile Vapour is condens'd
on the Skin, in the form

we *Sweat* to be; and consequently that Distention the Skin suffer'd in the time its Pores were pervaded by the *Adventitious Particles* of the *Fluid*, render'd it's Surface more smooth and open which when the Matter is withdrawn, that pervades its Parts, it returns to its Pristine State of Folds and Wrinkles as it appears upon the *Relaxation*.

THIS will happen in the blowing up of a Bladder which, as soon as the Air is with-drawn, returns into its Folds again, like

...r of the Skin after much
...*eating*, tho' the reaſon of
...e and the other are quite
...fferent, for the ſmoothneſs
... the Skin upon *Diſtention*
...mes from the Introduction
... the finer Particles of
...tter, which, as I have
...d, are driven forward,
... make way for the
...ſſer Globules of the
...id to follow, and force
...it Paſſage out, and ſo keep
... Pores open, and upon
... ſtretch, during the con-
...uance of heat and mo-
...n to the Circumference,
... the *Fluid* is Oppoſed
... the coldneſs of the *Am-*

bient Air, or the Action
Heat ceases. The Bladd
though its Surface appe
wrinkled, and folded wh
Empty, when Full smoo
is because both its sides
press'd together equally,
twixt the *External Air* a
that enclos'd in the Bla
der, which, for the sa
reason, makes any Me
smooth, when beat betwi
the *Hammer* and the *An*
or when any rough and
equal Body is Ground
twixt a *Marble* and a *Mull*

THUS, by a total I
mersion into Cold Wat
the

here is an equal Preſſure on
l ſides, and as the *Heart* is
e principal Inſtrument of
ital Motion, the *Blood*
nd *Spirits* by this means
e repell'd from the Cir-
mference to the Centre,
ere Coaſcervated and Con-
entred for a time, till be-
g violently preſs'd with
ch celerity, the *Influx* and
petuous motion of the
lood cauſes that ſtrong
ontraction of the *Heart*,
which Vital Innergy the
lood is ſent into the *Arte-*
es with greater Vigour
an ever: Hence it comes
eoples *Fingers* and *Toes*
glow

glow again after *Cold B*
thing; and this reaſon ma
be a ſufficient caution to the
how they ſtay too long in th
Water, till they have a
cuſtom'd themſelves to *B*
thing, leſt the *Heart* be ſu
focated with *Blood*, not b
ing able to propell it fa
enough thro' the Lung
and ſo either a *Syncope*,
great difficulty of *Reſpirati*
enſue, as I have often ſeen
for that Shortneſs of *Brea*
that always attend Perſo
unaccuſtom'd to *Cold B*
thing proceeds from t
Contraction of the *Di*
phragm, which, witho
ſom

me caution, will throw
ny Persons into Fainting
d Swooning Fits, especi-
y Women with Child,
d such as are in a heigth
Vapours, against which
ublesome Malady it is
most powerful and cer-
n Cure in the World.

-Street, Covent-Garden,
une the 24th, 1707.

In

In a little time will be Publish'd by t
Same Author, The

London Ephemeris: Or, A New D
covery of an Epidemical Ma
dy, occasion'd from the want of *Ca*
in Infants, whereby it appears, fr
Observations on the *Weekly Bills*
Mortality, That near two thirds of t
Children Born, Dye of the *Gri*
and *Convulsions* of the *Stomach*, *Bow*
and the like, proceeding from
Causes here assign'd.

This Tract contains, *First*,
Anatomical Account of the *Ca*
the want of which is hereby assig
and prov'd to be the true cause
this *Malady* becoming thus Epi
mical.

Secondly, The reasons why
Caul is wanting in such Infants.

Thirdly, A Caution and suita
Directions to Mothers how to m
nage themselves from the time
Breed

eeding to the Birth of the Child.

Fourthly, A curious Table to In-
ct Women how to reckon from
Conception to the Birth: With
plain and eaſie method how to
re Accidental *Barrenneſs*, and
vent *Miſcarriages* in thoſe, who
e been frequently ſubject to
m.

Laſtly, The way of Treating In-
ts troubled with *Wind*, *Gripes*,
Convulſions.

TO

Sir JOHN FLOYER,

Knight, M. D.

SIR,

Read over your Ingenious and Learned Essay to prove Cold Bathing *both safe and Useful, with all the pleasure and satisfaction imaginable. I was convinc'd long ago of the great Advantages that might be expected by the introduction, or rather Revi-*

ving of the Use of Cold Bat
into the Practice of Physick
but have met with great O
position, not only from my ow
Patients, who have hardly be
perswaded to such a sove
Practice, but likewise fro
many Physicians about Tow
who Oppose the Use of Co
Bathing with all the for
that Theory and Hypothe
can invent and produce aga
plain Experience and Dem
stration to the contrary.
was glad to find so Great
Man's Opinion Square so
actly with those Sentiments
had already retain'd of Co
Bathing, and which I had

reason in the World to em-
ace as the following Parti-
lars will inform you.

I cannot forbear taking No-
of the probable Account
give, why the use of Cold
ths have been neglected for
r two Centuries together,
ecially since the Reforma-
; and the Invocation of
nts has been dis-used. Be-
se the generality of our Cold
ings in England, being
dicated to some Saint or
er, the Reputation of the
ll declin'd with that of the
nt; but still the Superstition
washing in those Holy Wa-

tens remain in several par
of England to this Day.

NOTHING is more co
mon amongst them now, in t
North, than to reserve Bat
ing till the Saint's day, whi
the Spring takes its Na
from, as St. Catherine's, n
Doncaster; St Ann's, A
Saints, St. Dominick, n
Rotherham, our Lady's We
near York, and many othe
where they generally observe
Custom of leaving someth
behind them, if it be but
Value of a Pin, by wh
means they suppose they le
the Disease behind them t
wh

bich Cuſtom, probably, was
riv'd from the frequent at-
dance of the Monks then,
Phyſicians now, at thoſe
ces, when it was cuſtomary
beg the Charity of the Rich
t came there for Relief,
t they might Pray to the
int for the quicker Recovery
their Healths, as is uſual,
this time, in ſeveral Places
France and elſewhere. So
t, undoubtedly, the diſuſe
Cold Baths came from the
credit of their Saints of la-
times, together with the
xury and Delicacy of the
ſent Age, which may be at-
buted, in a great meaſure,

to the Modern use of the li
Regimen, which, as you ha
justly observ'd, has increas
with the Interest of Foreig
Trade, which has introduc
Tobacco, Tea, and Coffe
with all the Brandy, Spiri
and Spices. And the caus
of all our Rheumatisms, D
fluctions, Intermitting-Feve
&c. are chiefly owing to t
late Practice of Drinking
Liquors, and the pernicio
use of Flannel and Woolle
Shirts next to the Skin, whi
always keeps the Pores too o
for the Climate we Live in.

AS to the Authorities

ve produc'd, in Vindication
the Ancient use and benefit
Cold Bathing, I think they
ll admit of no Dispute. But
shou'd think the constant
cessful Practice of the com-
n People in the North of
gland, at this day Bathing
Cold Waters, is a suffici-
and living Authority for
y Physician to lay a founda-
n for a general Practice.

AS your Elaborate Essay
s prevented me from enter-
g into Enquires about the
ntiquity and first Introdu-
ion of 'em amongst the An-
nts; so my own Knowledge
and

and Obſervation has prevent
me from entering into Diſpute
whether or no Cold Baths *a*
really neceſſary and uſeful
the Practice of Phyſick.

GIVE me leave then, Si
to preſent you with an Accou
of what I have obſerv'd
ſelf from the uſe of Co
Baths *in the ſeveral Parts*
England, *and to ſubſcribe*

Your very humble Servant

J. Brown

London, Decemb. the
15th. 1706.

Sir John Floyer's

ANSWER

TO

Doctor Joseph Browne.

SIR,

I Have been lately very much concern'd for the death of some Friends, that could not Answer yours so soon as I intended, nor return

you

you my Thanks for the ſervi
you have done our Profeſſion
in Communicating many Cure
by Cold Bathing. *I cann*
but believe the Northern *D*
ctors have made many Obſe
vations about the variou
Cauſes for which Cold Bath
are uſeful, and that a lon
Experience has taught the
many Circumſtances in th
manner of uſing Cold Baths
which we ſhall not ſoon fin
out I did believe you migh
know many of them, and pro
cure ſome further Curioſities o
that ſubject, as their Obſerva
tions about the Cure of Pocky
Pains, Leproſie, Madneſs, *th*
Kings-

ings-Evil *by* Cold Baths: *I*
nd the Romans *used them for*
e Strumæ, *the Cures of* Chin
ough, *or* Convulsions, *by the*
old Immersion; *the Cure of*
indness *and* Deafness *by*
old Baths.

I have read a curious Story,
hich mentions, That in Nor-
ndy *they immerse Fools to*
re them thereby. I have
ade many more Collections,
h out of Modern and Old
riters about Cold Baths, *but*
design to present them to you,
wards Winter, with such
periments which I can make
is Summer, when I will con-
sider

sidon Perspiration, as it is
ter'd by Cold Baths.
I have Sanctorius' Ob
and will try any Experim
you will propose to me relat
to Cold Baths: In the me
time I will beg of you to C
lect from all your Acquaintan
Matters of Fact, to Convi
the most Obstinate how succ
ful Physick will prove, w
proper Baths are joyn'd to
inward Specifick; and
Cold Baths must be used
well as Cold Alterative
cold the hot Cacochymies,
Effervescencies of Humo
and great Putrifications of
rder

al Spirits. I have here Cu-
d a Girl of the Rickets, *ho is Ten Years of Age, and ver went without* Crutches *fore. But I will ſay no more this ſubject, but that your vilities to me, in both your tters, have Oblig'd me to be*

Your Friend

And Servant

John Floyer.

chfield, April the 18th.

THE USEFULNESS OF Cold Bathing

Recommended, &c.

I SHALL not attempt a tedious disquisition of the Nature of such Wares as are proper for *Cold Bathing*, but, by the By, observe to you That those *Waters*,

or *Spaws*, which we commonl
but improperly call *Chalibeate W*
ters, are only *Vitriolick Wate*
which afford great Plenty of *Ok*
and ſerves as the moſt excelle
Balſams for freſh Wounds, whi
brings into my Memory an o
Story of a Cure perform'd
this kind of *Oker*, at a Spri
call'd *Guilthwait-Spaw*, which
near *Rotheram* in *Yorkſhire*.
little diſtance from which ſprin
another very Cold Water,
which the Cattle delight mu
to refreſh their Thirſt. This
known by the Name of St. *G*
gory's Well; and, by what I ha
been Credibly inform'd, has bee
of great Antiquity, and famo
for waſhing of *Eyes* and So
Legs, which the common Peop
of that Country are violentl
Tormented with all Summ
long, by reaſon they Burn the
Shi

thing before the scorching Coal fires in Winter time; which, by washing in these Cold Mineral Springs, they are easily freed from. But to my Story.

A certain Poor Man of above forty Years of Age, Travelling along the great Road near this Town, and being grievously Afflicted with a *Scald-Head* from his Infancy, was Advis'd by a Gentleman Living near the Spring, to go and make use of the *Oker* which subsides plentifully at the bottom of the Basin of this Well. The poor Man accordingly went and apply'd it in form of a Cap, fixing it with some Clay that is ly'd in the Current of the Water on purpose for such uses, and by this means, together with washing his Head every day in the Spring, he was perfectly Cured;

and not only ſo, but in a fe
Years after, having occaſion
come that Road again, he we
to the ſame Gentlemans Hou
from whence he had this Advi
to ſhow himſelf, when the wh
Family ſaw he had a freſh He
of Hair grew as white as
Childs, tho' he was perfect
Bald when they ſaw him befo
and as he told them he had n
ver any Hair grew on his He
before to his Remembrance.

I cannot paſs by another r
markable Cure, perform'd by th
Oker of this Chalibeate Spaw
Guilthwait, ſince I am Diſcou
ſing on that Head and obſerv
Sir *John Floyer* takes Notice th
Kings Evils and *Cancers* have n
yet been thoroughly tried.

A certain Shoemaker, in the
own of *Rotheram*, whom I
new very well, but cannot call
is Name to my Remembrance,
as Afflicted with a *Cancer* in
is Breaſt, which was ſo Corro-
ing, as to ſpread it ſelf over
l the Intercoſtal Muſcles, and
y'd the Ribs bare to view:
fter he had, in vain, try'd
hat the Country cou'd afford,
was Advis'd by ſeveral Per-
ns that had found Benefit by
e *Chalibeate Spaws*, to go and
aſh conſtantly in the water,
d make uſe of the Clay which
lay'd in the Current of the
ring, purpoſely to receive the
er which ſubſides upon it in
Paſſage. It was the Opinion
all who pretended to any
dgment in the Caſe, that this
ethod wou'd kill him; but, con-
ary to all Expectation, in the

ſpace

ſpace of one Summer he
perfectly Cured, his Breaſt
heal'd up, and his Body in
good ſtate of Health, and ſo
Liv'd for ſome Years, a
which he Died in a ſhort
of Sickneſs; but of what Diſe
I have not been inform'd.

THIS is ſo well known
all the Neighbourhood of t
place, it wants no particu
Teſtimony.

BUT, as I was mentioni
before, all *Vitriolick* Waters
Saturated with Plenty of *Oi*
that in Winter time is mu
more manifeſt, and diſcovers
ſelf in the receptacle of t
Spring, out of ſeveral of whi
I have extracted common *Vitri*
tho' having ſunk ſome dep
into the Earth about many
the

em, I never found any thing
a Mineral Nature, save only
ong the loose Stones some
archasites, which glitter and
ine as if they contain'd in them
me Mineral Particles. I have
n great Plenty of such in se-
ral parts of *England*, particu-
ly in the *North-Riding* of
rkshire; from whence, having
mething of this Nature brought
e to Explore, I enquired from
hat depth in the Earth it was,
d they inform'd me it was
ther'd upon the Surface, and
t the *Sheep* and other Cattle,
hich fed upon the *Pasture*, or
mmon, from whence this Mi-
ral was brought, had their
eeth colour'd as yellow as Gold,
ho' they receiv'd no other
mage.

THE

THE reason of this I th
to be agreeable enough to
Account Dr. *Woodward* has giv
us, ' That the Ramous Partic
' of some Sulphurous Exhalati
' being mix'd with some fu
' Metallick and Pungent Juic
' and agitated with a swift a
' violent motion, partly fro
' the *Subterraneau Heat*, and pa
' ly from the *Ambient Air*, e
' vated into the superficial,
' uppermost *Strata*, they bei
' voluble and lubricous, as w
' as fine and small, easily insi
' ate themselves, and plai
' distend the Tubes and Vess
' of Vegetables, into which th
' ascend with the water, a
' by that perpetual motion,
' corporate themselves, as p
' of the Nutrition of the Plant.

AN

AND we need not doubt of
nding a Sulphurous Spirit in
ineral Waters which ſpring
any Place, or Country that
ounds with either *Coal*, *Iron*,
Stone. In digging for which
e ſeldom fail to meet with
archaſites, or *Vitriol-Stones*, tho'
octor *Liſter* ſeems to be of
inion that there is no *Vitriol*
our *Acidulæ*, or *Mineral Springs*,
ore particularly, ſays he, *Ubi*
lurimum ocræ ibi omnino nihil
itrioli, *notwithſtanding*, he ſays,
e Pyrites *he has frequently ob-*
rved in a vapid Spirit in the
ater. Now all, or moſt of
eſe *Pyrites* abound with more
leſs of *Vitriol*: But he doubts
an Helmont's Tryals of the *Vi-*
iol, which he ſays he hath here-
fore Diſtill'd from the *German*
ans, call'd *Pohout* and *Savenir*.

I wont pretend infallibly
underſtand what Dr. *Liſter* me
by Mature *Vitriol*, when he ſ
Vitriolum *Maturum in aquis*
ſtris Medicatis raro aut nunqu
reperitur; but I am ſure I
convince any Man that d
Truſt his Eyes, there is perf
Green *Vitriol* to be got out
ſeveral Mineral Springs we h
in *England*, one of which I ſh
take occaſion to mention by
by: In the mean time Dr. *L*
ſays, expreſly, He has found
fect Green *Vitriol* in ſeveral
the *Acidulæ*, which he has e
mined, particularly in a Foun
near *Heigh.* in *Lancaſhire*, wh
he obſerv'd ſeveral *Vitriolique*
ticles joyn'd with thoſe of
phur.

I never cou'd obſerve in th
Chalibeate Mineral Waters I h
frequen

quented, any alteration from
e different Temperatures of the
ſon, but only as the Waters
re ſaturated, more or leſs,
th the quantities of *Oker* that
ere brought down ſometimes,
I have obſerv'd, ſo plentifully,
t the Water Drinkers have
t very ill Symptoms from it.
ho' this does not eaſily diſco-
r it ſelf to People that are not
rious, and have not examin'd
eſe ſorts of Waters, but by
e ill effects: An inſtance of
hich I had laſt Seaſon at *Tun-*
dge, when ſeveral Ladies com-
in'd to me of great Oppreſ-
ns they had ſome Mornings
er Drinking the Waters, that
ey wou'd ſometimes be ready
burſt, their legs wou'd ſwell,
d the whole Body be out of
der, notwithſtanding the Wa-
s ſeem'd to work off as uſual.

Upon this general Complaint, the Spring Head, I examin'd the Water for several Mornings, and found it wou'd afford six times the recrement that those Waters usually do; and, indeed, the Spring was full of *Oker* almost all the Season of last Year Drinking, which I take to be for want of Sinking it to some considerable depth to cleanse the Passages of those Beds of *Oker* which will, in process of time, Damm it up, or quite spoile the Spring: For if the Water rest long any where in its Passage where there is too great a quantity of *Oker*, it dibutes too much of the *Vitriolick Salts*, with which the *Oker* is replenish'd, as well as the lighter parts of the *Oker* itself, as I shall observe to you in a Case of the like Nature, concerning

ning common Spring-Water
ding upon Cole.

BESIDES, the *Mineral* Taste
hese *Iron-Waters* appears much
onger in Hasty Weather, and
hen the Clouds hang low, than
hen it is Dry, and the Air Se-
ne. The reason I take to be
is, That whilst the *Sun*'s Power
so great as to raise the *Mineral*
rticles from out the *Strata*
herein they lay, and by the
eat of the Ambient Air, exhale,
mount up those *Mineral Effla-*
's into the *Atmosphere*, the Wa-
Drinks without any manifest
aste of the *Mineral*: but when
e Power of the *Sun* Beams are
ken'd by the intervening of
louds and Rain, and the Am-
ent Air cools in proportion to
e remission of the *Sun*'s heat,
ese Mineral Exhalations requi-

ring a conſiderable degree to ra
them, cannot mount up to
but are detain'd there by the
frigerating Air, and ſo ſtagn
being Condous'd on the Surf
of the Water; for the form
heat of the Ambient Air be
ſo much leſſen'd in proportion
the ſucceeding change of Cold,
cou'd not Exhale the Miner
Vapour as before, but ſuffers
to remain upon the Water, wh
gives it that diſcerning Taſte
the Mineral.

IN the next place I ſhall co
ſider what Information we m
gain of theſe Springs from t
different Soils and Glebes
Earth, thro' which they may
ſuppos'd to paſs.

IT is plainly manifeſt, Th
either *Coal*, *Iron-Stone*, or bo

e generally found in those Coun-
es which produce these Mineral
aters. And it is generally ob-
rv'd in those places where they
g for *Coal*, they commonly
eet with *Iron-Stone*: Near
hich, either in the *Strata* of
arle, *Stone*, *Sand*, or *Coal* it
lf, we find the *Pyrites*, frequent-
call'd *Marchasites*, but vulgarly
English Vitriol-Stones, some of
hich I have seen plentifully la-
en with many *Martial* Particles;
ho' these Stones don't always
bound with the same sort of
ineral Corpuscles, but are va-
ously and confusedly intermix'd
the same sort of matter; for
metimes they abound more
ith *Vitriol* than *Iron*, sometimes
ith neither of these, but wholly
ith *Sulphur*, (without which, in
me measure, they are rarely
und) with *Alum*, with *Nitor*,

or any of these indefferently. I
some again we find none of the
Minerals, in others all of the
according as they meet with
verfities of Glebes in the Bow
of the Earth: For this Mine
and Metallick matter, as Doct
Woodward says, 'Which lies lo
'and moveable in the Pores
'the Earth, of which mat
'sometimes we see whole *Stra*
'compil'd, being mov'd by t
'force and current of Rain w
'ter, which falls down upon t
'Surface of the Earth, pervadi
'the Interstices of *Sand*, *Gra*
'or other matter, conveys t
'Mineral and Metallick Corp
'cles into these Intervals of t
'*Strata*.

And here I shall beg leave
relate the Story of a *Coal-*
Waters which I had particular
cal

ſion to examine, upon account
a *Tryal at Law*. By the way
ſerving ſomething further, in
nſwer to what Doctor *Liſter*
ffirms, *That where there is great*
lenty of Oker, *there is no* Vitriol
be found. Now, I believe, if
e Doctor had taken Notice of
e quantity of *Oker* that always
ows it ſelf at the *Sough*, or
rain of every *Coal-Mine*, he
ou'd have been convinc'd there
Oker enough in thoſe Mines,
hich abound ſufficiently with
itriol, as I ſhall demonſtrate,
nd as the Daily Labourers in
oſe Mines can Atteſt from
eir own Experience, from the
amps which they often meet
ith in thoſe *Coal-Mines* which
omes from the *Sulphur* of the
itriol, which is often very Trou-
eſome in ſome Works, occaſion-
by a Stagnation of that Va-

pour

poup in these *Subterranean-Vault*
for want of a due Commer
with the *Upper Air*, which
Vent-Pit, as the *Miners* term
soon Cures, by giving this V
pour a due Ventilation.

First of all, then, this *Co*
Mine the Water of which I ex
mined, had no *Drain* or *Level*
carry the Water off, but it w
forced up by an Engine; so tha
during the continual drawing
the Water, it appear'd to be
ways different from comm
Spring Water by any Trials, fa
only that it would not bear So
or Lather, as the *Washer-Wom*
call it; but curdled or broke as th
fly, which was occasioned fro
the small *Acidule* of the *Vitr*
which was then almost incon
durable, by reason that the W
ter had not long stood on t

Co

Coal; but when the Gin ceas'd to draw Water as usual, so that there was no more Heaving, Drawing, or Pumping of Water, but the Beds of *Coal* were all cover'd, and the Pit a considerable depth in water, which rested upon it for some days, it would produce other *Phanomena* than what it did before, and afford us good quantities of perfect *Vitriol*. For the *Colliers* Positively assured me this *Coal* lay dry, and was not Water'd otherways than that which fell down the *Shaft* of the Pit, as they phrase it, and some Fathom distance from the bottom, which frequent Apertures of these Springs are occasioned by the breaches of the *Strata* in sinking these Mines.

THERE

THEREFORE the chang
or alteration of the Water w
caused from it's Stagnation up
the *Coal*, and was enough to co
vince any one in their Senses th
there was *Vitriol* both by *Tasti*
Seeing, and *Smelling*. I examin
whether the Residence of th
Mineral abstain'd from the Ev
poration of the Water, wou'd
Dissolution in *Aqua Fortis*,
Spirit of *Niter*, and yet be ea
dissolved in Spirit of *Salt*,
Vitriol, and found it would, f
putting some of this Residen
into a quantity of good Spirit
Vitriol, there happen'd an Ebu
lition for some time togeth
afterwards shaking the Viol
gain, the Effervessence wou'd b
gin a fresh, till the Spirits
last had dissolv'd all the *Vitr*
line, or *Sulphureous* Particles
maining in the *Faces*. After th

decanted the Spirits, and gently
ied the Residence, which I
und wanted above a third part
the weight it had before this
lution and was wholly devoid
that nauseous *Vitriolick* Taste
d Pungency which it had be-
e. And when I came to put
s remainder of these *Faces* into
th Spirits of *Vitriol*, it immedi-
tely Precipitated to the bot-
, without so much almost as
uddying the Spirit, or causing
other Alteration; neither
d it ferment at all with Spirit
of *Wine*, as it had done before
the Trial made with Spirit
Vitriol. So that by these ex-
inations I found this Water as
mon with the *Sough* Water
other Coal *Mines*, might not
roperly be call'd *A Sulphureo-*
roline Water.

AND

AND it seems to me pla
That what Mineral Taste,
other effects this Water had, w
wholly owing to the *Acidula*
the *Coal*; for before it had St
nated on the *Coal*, it afford
none of these *Phænomena* I ha
mention'd, but was only a swe
Spring, issuing out of those *Ap*
tures and *Breaches* of the *Stra*
which I spoke of, devoid of
Mineral Corpuscles. From wh
has been observ'd on this Hea
the *Pyrites*, or rather our *Engl*
Vitriol Stones may not so vain
be imagined to be the Origin
of many of our *Acidula*, or M
neral Springs; but more par
cularly of those which are call
Ferruginous, *Martial*, or *Chalybe*
For I think these kind of W
ters, as *Tunbridge*, *Astrope*, a
such like, setting aside the *Ok*
appear not so much to be impr
nat

ted with the Corporeal Sub-
nce, as with the Volatile *Sul-
reous* Particles of the Minerals
nd tho' Dr. *Lister*'s Vegitating
irit may be call'd in Queſtion,
t I ſhall readily agree with
m, that Mineral Waters of this
ature, when expoſed long open
the Air, and carry'd any di-
nce from the Fountains Head,
on looſe their Virtue, become
ſipid, and ceaſe any longer to
ike a Tincture with Galls as

I ſhall give my thoughts as
ort as may be, concerning the
igine of *Chalibeate* Waters, and
n what I have obſerv'd from
em and other Cold Springs, in
veral parts of *England*. It be-
g more than bare Conjecture,
at there are *Iron Marchaſites*
dg'd in the *Strata*, thro' which

these kind of Medicinal Wate
pass, all of which are known,
some measure, to abound wi
Sulphur, as Mr. *Boyle* affirms, a
as I have frequently experime
ted. These *Chalibeate* Wate
therefore, as all other Miner
Waters, (for I remember a go
Author says *Basis Unica & ab
luta origo omnium Aciditatum M
neralium est a Spiritu Sulphu
Acido*) being acuated with a *Su
phurous* Acidity, and passi
swiftly thro' the *Strata*, where
are lay'd such Mineral Corpu
cles as are educed thence, and b
the Waters incessantly pervadi
those *Strata*, Corrode lightly t
more Tennious and Verial P
ticles of the Mineral, resolv
them so as the Water imbi
in a manner, only the Volat
Atoms, with which it becom
thus Saturated; for this Flu

y its continual attrition, as it
ſſes ſucceſſively by the *Strata*,
ets the ſaid Mineral Bodies by
ttle and little, wearing off their
onſtituent Corpuſcles, till at
ngth it has quite diſſolv'd and
ſtroy'd their fine and minute
exture.

HENCE it is eaſie to con-
ive, that if theſe *Chalibeate Wa-*
rs be impregnated with ſuch a
olatile and Subtil Spirit, they
ay ſoon looſe their Virtue by
e volation of their more Fugi-
ve parts, when they are remo-
ed to any diſtance from the
ountain Head; and ſince I find
r. *Boyle*, and ſeveral other Authors
ke Notice, That they have
rely, or never, met with any
lt in our *Engliſh* Mineral Wa-
rs that have been either mani-
ſtly Acid, or evidently Alkali-
ſate.

fate. I think the following Tri-
als on our *Spaw-Waters* may not
be altogether unworthy Obser-
vation.

THE first was made with a
ſtrong impregnation of Galls,
which turn'd the Water of a
moſt excellent Purple Colour;
to this Tincture I added of the
Sal Mirabile Glauberi, which made
the Water Break or Curdle, and
turn ſomething blackiſh, to which
putting Spirit of *Sulphur*, or other
Acid, it wou'd clear up and be-
come pure as Rock-Water, which
proceeded from the *Acid*, Pene-
trating into the *Alkali* Salt, which
diſſolves the Curdled, and ren-
der'd it Tranſparent as at firſt.

I likewiſe put of the *Vitriol*
or Salt of *Iron* into ſome of this
Impregnated Water, which, as I
remember

member, with Syrup of *Violets*, oduc'd a Green Colour'd Tinture, tho' a clear Solution of this *itriol* in common Water wou'd ot turn Green with Syrup of *iolets*, notwithstanding it wou'd rike a Tincture with *Galls*, nor ou'd the Water become Green; t when these two were added gether they readily produced e aforementioned effect: After is I try'd a Solution of *Vitrioum Martis* in Fountain Water, hich was scarcely discernable, ly that it Tasted something ore Nauseous of the *Vitriol*, but ould, with the Addition of *alls*, strike the Water with a *urplish*, tho' more inclinable to dark Colour.

THE Multitudes of common ople that resort to all the Cold rings in the *North*, during the

Summer Seaſon, wou'd convinc
one wou'd thing, any indiffere
Perſon that had not made par
cular Obſervations of the remar
able Cures perform'd by ther
that there was ſomething mo
than ordinary in ſuch a conſta
Uſe and Practice of Bathin
which is look'd upon, by man
as a great hardſhip and extrem
ty, if there was not ſome con
derable uſe and advantage to b
reap'd from ſuch a Cuſtom,
ſome are pleas'd to call *Barbaro*
and *Cruel*. But every Body mu
own the Common People are n
us'd to Flatter themſelves wit
the hopes of being Cured b
any means that ſeem difficul
and eſpecially where they do n
receive preſent Relief; but on th
other hand are apt to forſake wha
ever is propos'd to them, if it d
not anſwer their Expectations a
firſt

firſt, and they receive ſome real Benefit and Advantage from it.

THEREFORE their continuance in the uſe of *Cold-Bathing* is a certain Concluſion, that it is ſerviceable to them, upon almoſt all occaſions, and not only that the Practice is uſeful and beneficial to thoſe that uſe it, but there is another thing very conſiderable, that is, that few or none ever receive any inconvenience, or misfortune by it. And what is well worth Obſervation, from the conſtant Cuſtom amongſt the generality of People, who Waſh in their Shirts and Smocks, and Dreſs themſelves afterwards upon their wet Linnen, I never yet heard of one that received any damage from that Cuſtom; and I may Modeſtly affirm, I have ſeen ſome Hundreds Waſh

in

in one day at St. *Catherine*'s Well, near *Doncaſter*: Beſides, I know it conſtantly Practiced at our Spaw at *Guilthwaite*; and it is an uſual thing among the Sheep-Waſhers to continue on their wet Cloaths all day after, and ſuch as uſe themſelves frequently, in the beginning of *April*, to go into the Rivers, and in the Coldeſt Days of that Month, ſometimes ſtay two or three Hours together in, driving Fiſh with long Poles into Nets, by reaſon thoſe Rivers are too full of Wood to draw, and many of thoſe Men have aſſured me from Thirty or Forty Years Experience, that they were leſs ſubject to catch Cold, when they kept on their wet Cloaths, than when they Shifted themſelves, and put on dry ones. And I have often obſerv'd, when a *School-Boy*, that

by

y wading in the Snow, or Wa-
er, whole Days together, I ne-
er was senble of any inconveni-
ncy; but afterwards, when I
hought my self Wiser, and be-
ng wet of my Feet by Snow, or
therways, endeavouring to pre-
ent the Danger of Cold by
hifting *Shoes* and *Stockings*, and
rying my feet, I seldom or ne-
er escap'd what, by this means,
studyd to avoid.

AGREEABLE to what I
ave here related is the follow-
ng Words in Sir *John Floyer's*
Dedication to his *Essay of Cold-*
Baths. 'The *English* Nation,
says he, has not been wanting
to the improving of this *Art*,
for they have discover'd the
Cure of the *Rickets* by it, and
Rheumatick Pains also; and some
use it in the Winter as the
'*Romans*

'*Romans* did. In *Staffordshire*, w
'*Willowbridge*, they have found
'out a more bold Practice than
'either the *Greeks* or *Roman*
'us'd; they go into the *Wat*
'in their *Shirts*, and when they
'come out, they dress them
'selves in their wet Linnen
'which they wear all day, and
'much commend that for closing
'the Pores, and keeping them
'selves cool: And that they d
'not commonly receive any In
'jury, or catch any Cold there
'by, I am fully convinc'd fro
'the Experiments I have see
'and made of it.

Not foreign to this purpo
may be a Story I remember
had told me of a Tenant of th
present Duke of *Rutland*'s, wh
in *Christmas* time, having bee
entertain'd at his Lords, the

Livin

iving in the *Peak* of *Darbyſhire*, vas made very Drunk, and in is Paſſage home fell into a Drift of *Snow*, where he lay two r three days, during which ime the Weather changed, and he Snow was diſſolv'd, when ne of the Lords Servants being broad, found our *Peaker* lay'd s one actually Dead, only that e look'd, as they told me, like Beef, laid ſome Days in *Brine*; e carry'd him to his Lords louſe, where one of the Grooms nowing him more particularly han the reſt, was much con-ern'd for him, and thinking here might be ſome hopes of ife, laid him in a freſh Bed of *Horſe-Litter*, which he had not et thrown out of the Stable, nd in a few Hours time he ame to himſelf, and made no nore Complaints of his Lodging,

than

than if he had lain in the best Down Bed in the World.

BUT to return to *Cold-Bathing*: I am satisfied there is not a more effectual Remedy in Nature, for the Cure of *Leprosies*, *Itch*, *Scabs*, *Sores*, *Ulcers*, *Tetters*, and all other extraneous Vices of the Skin: Nay, I have seen the intemperate heat of the *Liver*, *Reins* and *Viscera*, actually relieved by this means. I have seen great quantities of Worms voided both from the Internal and External use of our *Chalibeat Baths*, which, in my Opinion, exceed all other *Cold-Baths*: For as Sir *John Floyer* says, 'The 'Styptlicity in Waters, whether 'from the *Nitrum Calcarium*, or '*Vitriols* of *Metals*, or *Stones*, or '*Earths*, encrease the Contraction 'of the Skin, and Membranous 'Fibers

Fibres, and thereby Strengthen more than the common cold Waters.

BY the *Vitriolick*, or *Chalibeate Baths*, I have ſeen the *Jaundice*, *Dropſie*, *Gout*, *Scurvy*, and *Rheumatiſm* perfectly Cured. Beſides which they certainly aſſiſt and further Conception; educe and bring forth all the ſordid Feculencies from the *Ureters* and *Urinary Paſſages*, mitigate the *Stranury*, and remove a ſuppreſſion of *Urine*; for, as Dr. *Baynard* ſays, Cold Water Concenters the *Spirits*, and ſtrengthens the *Nerves* and *Muſculous Fibres*, by Bracing them, as it were, like a *Drum*. And in the ſame Book gives us his Caſe of a Gentleman, who, for ſome time paſt, had great Trouble in his *Urinary Paſſage*, and Pain at the Root of his *Yard*,

and about the Region of th
Bladder, insomuch that he had re
son to suspect some *Ulcer* or E
coration in the Neck of th
Bladder, by the *Slime* and *Sord*
that came away in his *Urine*;
also had a *Lacryence Veneris*,
Old Gleet, which, at that tim
was very severe upon him,
gether with weakness of Erec
on, and a general disorder of t
whole *Codpiece Oeconomy*, w
was Cured by a strict Perfe
rance in the method there p
scrib'd, together with the use
Cold Immersion for 16 or 18 Da
Night and Morning.

I can produce, if neces sity
quires, many Vouchers of
like Cases. And in *Flatus*'s
pours, or *Hypondriack Melancholl*
we have not any methods
Physick to vie with *Cold Bl*

Best

eſides every Body's experience, hat have made Tryal, will evince his Truth, that they ſtrenuouſly reat good Appetites, ſtrengthen nd comfort weak and flatulent tomachs, and quench morbid hirſtineſs; and I have often ſeen hem ſerviceable in *Tertian Agues*, nd *Intermitting-Fevers*. I have een ſeveral *Tertian-Agues* perfect- Cured upon three or four mes *immerſion*, when all other ethods have fail'd after they ave endured twenty or thirty, nd ſometimes fifty and ſixt Fits. Upon this occaſion I ſhall take Notice of what Sir *John Floyer* as very Judiciouſly obſerv'd.

'SINCE our frequent Epidemical *Fevers* depend on the changes of our Air, the frequent Rains and exceſſive Colds, we cannot invent any likelier me-

‘ thod to prevent ſuch Diſeaſes,
‘ than by *Cold Baths*, which ſo
‘ harden the Skin, that it be-
‘ comes inſenſible upon the great
‘ changes of the Air; the Sto-
‘ mach is very much ſtrengthen-
‘ ed and increaſed; by which the
‘ Breeding of any *Cacochymia's*
‘ is prevented; the Spirits over
‘ rarified and tumultuous in
‘ their motions are compreſſed
‘ cooled, and made fitter for ra-
‘ tional Operations; the Muſcles
‘ are made more Strong, Com-
‘ pact and Vigorous, in all the
‘ Exerciſes we uſe, whereby
‘ Health is much preſerved, to
‘ all theſe advantages of *Cold*
‘ *Baths*. I may add, That the
‘ Coldneſs of the Water contracts
‘ the *Nervous Fibres*, and there-
‘ by ſtrengthen their Motion
‘ and hinders their Laxity and
‘ Evacuations of Humours, which

wou'd

wou'd prejuice our Health; they alſo promote Urine and Perſpiration, as *Suetonius* affirms,

'IF *Cold-Baths* had no other effects than helping our Digeſtion, and making the Body more Vigorous in its Exerciſe, that wou'd be ſufficient to prove their uſefulneſs for the Preſervation of our Healths; but their effects are more conſiderable in ſtrengthening the Tone of the ſolid parts, and preſerving the Craſis and Motion of the Fluids; and its effects reach the very Soul of the Animal, rendering it more lively and brisk in all its Operations; and we preſerve thereby that Divine particular Cure in its full Luſtre, as our *Noctiluca*'s are kept in Water. Life conſiſts in the Union of the Soul with

'the Animal Spirits, which are
'longeſt preſerved by a cold Re-
'gimen, but ſoon diſſipated by
'a hot, or elſe made too Elaſtick,
'Windy, and Irregular in their
'Motions, by too much heat
'and rarifications; and this Er-
'or of the Spirits is beſt Cor-
'rected by *Cold Bathing*. And
'ſince, by the enſuing Diſcourſe
'it will be evident, That *Cold*
'*Baths* will Cure conſiderable
'Diſeaſes, I may thence infer,
'That the uſe of them will pre-
'vent all thoſe it can Cure;
'and thereby confirm my Aſſer-
'tion, That *Cold Baths* are ne-
'ceſſary for the Preſervation of
'our Healths.

'I might farther intimate, That
'*Cold Baths* muſt have a great
'effect on the Heart as well as
'all the other Muſcles, and that
'i

' it ſtrengthens its *Fibres*, and
' invigorates its Motion, by com-
' preſſing the Animal Spirits,
' which agitate its Muſcular Fi-
' bres, by cauſing a greater Ten-
' ſion and Contraction of the
' Fibres themſelves, and by ex-
' citing the motion of the Heart,
' when the Humour makes an
' effervescence after their Com-
' preſſion by cold water, for tho',
' during the immerſion into it,
' the Pulſe ſtops, and the motion
' of the Heart is ſlower; yet af-
' ter that, for ſome times the
' Muſcle works faſter, and eva-
' cuates by Sweat and Urine,
' and the whole Body is hotter,
' ſo that if the Muſcles of the
' Heart become ſtronger by *Cold*
' *Baths*, then the ſanguification
' of the Chyle, and the ſeveral
' Secretions of the Body are bet-

' ter

ter perform'd, on which our Health very much depends.

NOTHING is more common, in the North of *England*, than to bring Little Children to the *Cold Baths*, from two or three Months Old to as many Years, but more particularly in the Case of *Rickets* and *Convulsions*. Besides, I have known *Caliberate Baths* singularly useful in the *Asthma*, and other stoppages and difficulties of Breathing; very prevalent Remedy in many sorts of *Consumptions*, in a *Consumption* from *Apostems*; in a *Consumption* from a *Diabetes*; in a *Consumption* from a *Dropsie*; in a *Consumption* from the *Gaut*: in a *Consumption* from the *Greensickness*; in a *Scorbutical Consumption*; in a *Scrophulous Consumption*; in a *Consumption* from

from *Colliquative Sweats*; in a *Consumption* from Internal *Ulcers*.

THE Clay of *Chalibeate Waters*, such as *Tunbridge*, &c. cleanses, mollifies, and discusses all kind of Tumours, heals old Running *Ulcers*, with the most virulent corroding *Cancers*; an eminent instance of which you have in these Sheets.

AT *Sheffield*, within four Miles of our *Chalibeate Spaws* at *Guilthwaite*, we have many *Puralitick* Cases, that every Summer make their Application to these or other cold Springs, which are near them; from whence many that have been Lam'd by working in *Mineral Fumes*, have been relieved by this Custom of *Bathing*. It is very remarkable in that Town to observe, That there

is

is ſcarce a Family that are *Hard-ware Methanicks*, as they call 'em, ſuch as *Cutlers*, *Scith-Smiths*, *Button-Makers*, and the like; but you ſhall find one or more in a Family Deform'd, either Crook-back'd, Crook-leg'd, or ſome other Deformity which they get, ſome by conſtant ſitting when Young; others by working in the Fumes of Minerals, but moſt by Grinding. Theſe many Diſaſters furniſh us dayly with variety of Cures, which I have ſeen perform'd from the uſe of *Cold Bathing*.

SIMON SHORE, a young Boy of about twelve or fourteen Years of Age was put Apprentice to a *Button-Maker* at *Sheffield*, but in a ſhort time a weakneſs ſeiz'd upon his Limbs to that degree that he entirely loſt the uſe of

his Legs: I apply'd ſeveral things to him, but with little Succeſs; then I order'd him into our *Chalibeate Bath*, once a day, for the ſpace of five or ſix minutes at a time, and for the beſt part of one whole Summer, which had ſo good effect upon him that he was able to walk from *Rotheram* to the *Bath*, two *Yorkſhire* Miles once a Day before the Summer was ſpent. But his weakneſs had ſo far prevail'd upon him, before he came under my care, that his Knees were diſtorted, and cou'd never be reduced to their former Condition, notwithſtanding he was recover'd to a conſiderable ſtrength in all his Limbs.

BUT I have known ſome that by the uſe of theſe Waters have had their Limbs reſtored to their Natural

Natural form, when before thei
Knees knock'd together as the
walk'd: And it was common t
obſerve thoſe that came wit
Crutches at the beginning of th
Summer to go away withou
any help before the Seaſon wa
gone. There is one ill Cuſtom
they will retain amongſt them
in ſpite of your beſt Advice t
the contrary, that is, to ſtay i
theſe Waters, which are ver
Cold, for half an Hour togethe
and more ſometimes, and the
will dip Young Children immo
derately for ſeven, nine or thir
teen times together, and rarel
under ſeven or five, for they g
all by odd Numbers of whic
they reckon ſeven the moſt per
fect and ſucceſsful. Nothing
more common than for thoſ
that have ſtrain'd themſelves b
fore Labour in Mowing, durin

Hay

Hay-time, and have had their Limbs benum'd, and almoſt uſeleſs, by lying down in the Night Dews, to run preſently for relief to theſe Waters, which rarely fail of aſſiſting them in due time. And I have ſeen very Deplorable Caſes, both for Lameneſs and Weakneſs throughout all their Limbs, ſo happily reliev'd, during the ſhort Seaſon betwixt Hay-time and Harveſt, that the Perſons who have got thoſe Misfortunes in the firſt Seaſon, have been in a Capacity to perform the ſevereſt Labour of the Harveſt.

THOMAS DUCKINFIELD was ſeiz'd with *Rheumatick Pains* in all his Joints with a continual Heavineſs and Oppreſſion about the Orifice of his Stomach; he was Pale and Languiſhing,

had frequent Fainting Fits, a
was ſcarce able to move
Limbs, which were ſwell'd co
ſiderably; I order'd near fo
Ounces of Blood from him
three Days time, after which
Purg'd him with the *Sal Solu*
vum, *Cream of Tartar*, and o
Mineral *Spaw-Water*, and in abo
fifteen or ſixteen Days time
gain'd him the uſe of his Limb
but ſtill he had a great ſtiffne
in his Joints, and a numbneſs
all his Limbs; I then order
him into the *Cold Bath*, and
three Weeks time he was ab
to do any kind of Work as uſua
I remember many of the lik
Caſes, which I was an Eye Wi
neſs to the Recovery of, but th
Names of the Perſons I have fo
got, not being curious enough,
that time, to ſet them dow
and having ſo many Dayly I
ſtance

nces before me I was very egligent.

I remember once I was very uch ſurpriz'd to ſee a Poor an Strip and Leap into this *th*; for, really, when he was aked he look'd more like a *ſh* than a *Land Animal*, for his in was all Scaby over from ead to Foot, and had been ſo, ſaid, for many Years, which ou'd Peel off, as he inform'd e, ſometimes, but quickly re- rn again. But this Monſter, hich he look'd more like than Man, was ſoon chang'd, for in s than a Week, as he waſh'd mſelf, which was four or five nes a Day, he rub'd off his abs as you wou'd Scale a Fiſh ith a Knife, and in ten Days ne he return'd home, to all ap- arance, with a Skin as clean

and ſoft as a Childs in Compa-
riſon: I think he told me h
Liv'd in the *Peak* of *Darbyſhir*
and had been a *Miner*.

I find Dr. *Baynard*, in quotin
Harmannus Vander Heyden, ſay
Cold Bathing Cures *Tooth-Ach*, I
flamation of the *Eyes*, and ſuc
like Diſeaſes. I have frequentl
allay'd the *Tooth-Ach* by Stripi
and Leaping into the Rive
where I uſually ſtay'd twenty o
thirty Minutes, and I have know
many Boys do the like, whe
they had their *Ague* Fit upo
them, which has entirely frighte
it away, as they call'd it; bu
certainly there is not a mo
effectual method for the Cure
Tertian and *Quartan Agues*, tha
the *Cold Immerſion*: Tho' I wi
not undertake to account for a
the ſtrange, and almoſt contr
dictor

ictory effects *Cold Baths* produce
Morbid Bodies; but I think
r. *Baynard* has very ingenously
counted for the several *Phæno-*
na of *Cold Baths* by Concen-
ation, Preſſure and Contraction.
or a ſudden plunge and Imer-
erſion into very Cold Water,
here there is a great quantity
it, muſt be the greateſt altera-
ve in Nature, for it muſt give
new motion to all the Spirits,
oth from its frigidity as well as
reſſure, by driving them from
eir Poſts to another Action, for
conceive Life to be an actual
lame, as much Flame as any
ulinary Flame is, but Fed with
s peculiar and proper *Pabalum*,
ade out of the Blood and Spi-
ts for that purpoſe.

AND the ſame Author gives
is Account of a Letter ſent to

him; thus, 'A few days sinc
'talking with a Country fello
'of tolerable Sense about wh
'would procure a Stomach
'Eat; one propos'd taking th
'Air; another Riding; a thir
'*Old-Hock.* Come, says my Fe
'low, I have try'd all thos
'ways you Talk of, but nothin
'is like going a Fishing up
'the Chin in Water for an Hou
'or two; that will get you a Ste
'mach I'll warrant you; nor a
'I Dry.

Now to solve this *Phænomenon*
and give a tolerable reason how
Standing or Swimming in Col
Water shou'd quench *Thirst*
since it will not be allow'd tha
it enters the Pores of the Skin
if it did, it could not get int
the *Blood Vessels*, and dilute th
Salts there. Now, I think ther

s but this reaſon for it, which muſt ſerve till ſome Body offers me a better, *viz.*

THAT the ſudden plunge into Cold Water cauſes ſuch a ſudden Contraction, which Contraction driving the Spirits and Fluids from their preſent Action, Poſture or Poſts they were in, may either diſlodge the Salts, or change their Figure, for they do not cauſe Thirſt until they Settle, and Sting and Prick the Membrance, for whilſt they are Swimming in the Fluid, they are muzzled and invelloped in the Clammy and Glutinous parts of the *Menſtruum.* Now, tho' the Salts are ſettled, and the Thirſt is really commenced, yet by preſſing the Fluid out of the *Habit* into the *Chanels*, muſt ſcower and waſh off the *Salts* in the Current,

and

and precipitate them by *Urine*; for we see Horses, and all other Animals, generally *Piss* when they come into cold Water, which is done by Contracting the Parts, *&c.* or else the reason must be this, all Water evaporates continually, and the higher those *aqueous steams* rise from the Surface of the Water, the more dilated and separated they are, and mixed with the Air, and consequently by the Beams of Light, which is expanded Fire, are heated so, not so apt to cool the Inflam'd and Thirst Stung Membrance.

NOW, when a Man is up to the Chin in Water, his Mouth is so very near the Surface, that he Sucks the Air into his Lungs, whilst the Steams are *Cool Crowded* and *Conglomerate*; as also by

Sucking

ucking in the cold Air with hem; they may condenſe in the Mouth, and moiſten it, ſo ren- er the Clammy Spittle more luid, and help to facilitate De- lutition, *&c.*

I dare not take the Liberty, n this ſmall Tract, to expatiate on this ſubject, eſſe I have a arge Field before me to Philo- ophy in, but ſhall proceed with natter of Fact, which is the rueſt Philoſophy. I have fre- uently advis'd Bathing in the *aundice*, and find that the Sto- nach is ſtrengthen'd by it, the Ap- etite reliev'd, and that Faint- neſs which generally attends hoſe who are ſubject to that Diſeaſe is prevented, and the uſu- l weakneſs of the *Viſcera* is by his means ſupported, and the Contraction of the *Nerves* and

Fibres,

Fibres, which before were loſt, recover their former Tome and Elaſticity by the Concentraction of the Vital Flame.

MR. *Pye* of *Southall*, in *Middleſex*, who had Labour'd under a *Jaundice*, a long time, found ſenſible relief by waſhing in a running Brook, four or five times in the Month of *Auguſt*, his Strength much encreas'd upon it, and the Natural Tome of the Parts were reſtored ſo, that he was able to walk Abroad the remaining part of the Summer, only he was ſubject to Fainting Fits, which are Natural Concomitants to the *Jaundice*, but the frequent uſe of *Bathing* ſoon overcame them.

THE Author of *The Embaſſy from* Muſcovy *to* China, gives us an

an Account, How the *Tonguefes*, a *Tartarian* People, harden themſelves againſt the extream Cold of the Air: As ſoon as their Children are Born, they, in the Summer time, put them into Water, and in the Winter lay them in Snow to harden their Skins. Sir *John Chardin* mentions a kind of waſhing the *Mingrelians* uſe to their Children in their Cellars. Mr. *Locke* tells us, That the *Jews*, in *Germany* and *Poland*, where the Air is as Cold as in *England*, Bath themſelves, both Men and Women, in the Winter as well as Summer, without any prejudice. And the *Germans* of Old, and the *Iriſh* at Preſent, Bath their Children in Cold Water; and that in the *High-Lands* of *Scotland*, the Women Bath their Children in Winter. By theſe inſtances it appears, That the

Northern

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Northern

Northern People have found cold Baths very useful to their Bodies.

SEVERAL Midwives, at this Day in *Norfolk*, and some parts of *Suffolk*, constantly follow the Practice of washing new Born Infants in cold Spring Well Water and Salt, and find it very serviceable to prevent *Convulsions* in Children; and those Heats and Flushings most Children are subject too, are best allay'd by this means.

SIR *Henry Blount*, of *Tittenager*, in *Hartfordshire*, a Gentleman very well known in the World, being, in the latter end of his Years, Afflicted with *Gout* and *Rheumatism*, found the greatest relief by the constant use of Cold Water being pour'd into his Shoes several times in a day, tho

ho' in the hardeſt Froſt of Win-
er. This Practice he uſed for
ome Years with ſucceſs, together
with the ſetting of his Legs up
the Knees in freſh Earth very
ften, which he found conſider-
ble relief from. I had this Ac-
ount from my very good Friend,
Mr. *Uliſſes Blount*, his youngeſt
on, who has told me himſelf,
e very frequently uſed to pour
Water into his Fathers Shoes,
hich were made on purpoſe to
ontain it, and has obſerv'd when
e was at the Lameſt he cou'd
ot Walk without it. And there
a Goldſmith now Living in
Lombard-ſtreet, who daily Walks
bout the Street, with holes pur-
oſely made in the bottom of
s Shoes, to receive Water in
et Weather, which Practice he
nds ſerviceable to his Health,
ſe we might reaſonably imagine

he wou'd never submit to
nasty and disagreeable a me
thod.

SIR *John Floyer* very justl
observes the benefit of Bathi
in Rivers is very great, and th
is chiefly Practic'd by you
Men and Boys. All Creature
besides Men, being disturb'd b
the Summers heat, go into Rive
and Ponds to cool themselve
Mercurialis Bath'd himself in t
River *Arnus*, at *Pisa*, and there
Cured himself of the Stone in t
Kidneys, and he advises the N
phritick to place their bac
against the Stream of the Rive
And he gives this Advice co
cerning this sort of Bathi
where the Blood is hot, and t
Kidneys burn, and any troub
happens in making Water, wh
the Skin is dry, or deform'd

Sc

Scurf, Itch, Pustules, to use fre-
quent Bathing in Rivers.

HAVING occasion to be
in *France* in *June* 1707. which
was very hot that Year, I got
a *Fever*, which proceeded from
too liberal a Dose of *Burgundy*,
and which was attended with
a violent Looseness, and Colli-
quative Sweats, that I was every
moment Fainting away; notwith-
standing the *Fever* had hung up-
on me two or three days, it did
not show it self so excessive be-
fore this Fit, in which I conti-
nued fourteen or sixteen Hours,
expecting nothing but Death;
however, I resolv'd to be Abroad
in the Air, let what wou'd be
the Consequence, accordingly
order'd my Servant to Hire me
a *Remise*, which is a Chariot
they use in *Paris*, to let out to

Gentlemen: In this I was drove up to the Caſtle of *Meudon*, belonging to the *Dauphine*, and found my ſelf much reliev'd by the advantage of the Air, it ſtanding very high above the Town, ſomething like *Hampſtead*, but much more pleaſant and agreeable. I was ſo refreſh'd by this means that I order'd the Coachman to drive me down the Hill to St. *Clou*, the D. of *Orleance's* Seat, that I might pleaſe my ſelf in thoſe ſhady Gardens, but I had no ſooner given Directions but a Fainting Fit came upon me, and I dropt down in the Coach, upon which my Servant and the Coachman perceiving I was in a Swound laid me upon the Graſs, and in ſome ſhort time I recover'd my ſelf again and he drove me on to St. *Clou*, when I came there I got a Flaſ-

o

of *Champaigne Wine*, some good Fountain Water, and with *Lemon*, *Nutmeg*, and *Sugar*, made a mixture, which was so grateful I Drank it all off, and was so invogorated and enliven'd by it that I Walk'd into the Gardens, sat down by a Fountain for near an Hour, and then return'd to *Paris*, and by the way I wash'd in the River *Seine*; about a quarter of an Hour after which I went to Bed, Slept heartily all Night, and from that moment have been in perfect Health to this Day.

THE general effects which Experience assures us Bathing in Cold Water produces, says Sir *John Floyer*, again, are too cool in the *Dog-Days*, to cleanse and moisten the Skin: It Cures *Thirst*, causes *Sleep*, produces much *Urine*,

prevents *Fevers*, and feeds thin Bodies, and creates them an *Appetite*, and helps their *Digestion* but it's neceſſary to obſerve theſe cautions to prevent the injuries that may happen by it.

FIRST, Not to Bath in any Waters immediately after Eating or Drinking of Strong Liquors nor after violent Exercise.

SECONDLY, Not to ſtay in too long as to be over chill'd by it.

CELSUS Adviſes the waſhing of the Head with Cold Water to prevent *Rheums*, Pain of that Part, and of the Eyes. find this Practice ſtill continu'd amongſt many Wiſe Men; the Shave their Heads every Week and Waſh them every Morning

wit

with cold Water, which hardens the Skin, and cools the Brain, whereby the Flux of too much Blood into it is prevented, and that coldneſs of the Head renders it fitter for all Rational Thoughts, and the Animal Spirits being compreſſed, are more Lively Springs, and fitter for motion. Every Parent wiſhes his Child may be Bred up to a great degree of hardneſs. The beſt methods to attain that, is the *Immerſion* at firſt, into cold Water in *Baptiſm*; and afterwards to uſe the method of waſhing their Children in cold Water every Morning and Night, till their Children are three quarters Old; for by this the *Welſh-women* uſed to prevent the *Rickets* in their Children; and 'tis a common ſaying amongſt their Nurſes, *that no Child has the* Rickets, *unleſs*

less he has a Dirty Slut for his Nurse.

IT was the Custom of the *Jews*, and of all *Asia* besides, to wash the new Born Children in Salt and Water, to make the Skin hard and dense; as I have already hinted some Eminent Midwives in *England* do; for which end *Galen* advises to sprinkle Salt all over the Infant.

HE that considers the Nature of Perspiration, will believe the Morning the most convenient time for these Affusions of cold Water, for then the Perspiration of the Body is fully finish'd, and become empty of all hot Particles, produced by the Fermentation of the Chyle, and the effervescencies of Blood.

THE

THE way to prepare our Body for *Cold Baths*, if very tender, is to wash it all over in warm Water first about the Spring time in *May*, and so ev'ry Morning use cooler till it can bear the sense of cold Water; but I have known many tender Persons who have used the coldest Baths immediately without any danger, but they ought not to stay in them at first Tryal, but only to *Immerse*, and immediately get out again.

THE use of common cold Water is well known to the Farmers in the North, who practice much the Swimming of all sorts of Cattle in general to make them Thrive, as they call it, and particularly to Cure their Draught Horses of any Lameness, or Old Strains, or when they

are

are Hide-bound; but they ought to observe never to Swim their Horses much against the Stream; for by that means I have known many broken Winded.

THERE was a Farrier, who I think is a Live still, at St. *Albans* that was famous for Curing of Founder'd Horses, and several other Lameness, but no body knew the secret of it till lately they found all his method was to Swim, or Wash them well in a cold Pond, not far distant from thence, towards *Harrow* on the Hill: Since which discovery the Pond is grown famous, and much frequented, for Curing many inveterate Maladies subject to Humane Bodies, and familiar to these kind of Waters to relieve

A

AN Eminent Citizen of *London*, about two or three Summers ago, Riding that way, obſerv'd a great Concourſe of People, and ask'd an Old Woman ſtanding by what was the meaning of that Aſſembly, ſhe told him there was a cold Water there, good for ſuch *Claret* Drinkers as ſhe believed he might be by his Complection, and he having at that time the *Rheumatiſm* ſeverely upon him, ſo that he cou'd not get off and on his Horſe without help, hearken'd, attentively, to what the Woman ſaid, and preſently Rid up to the People who were Waſhing, and who gave him ſuch encouragement he was reſolved, for once, to venture, and found ſuch relief by the firſt Immerſion that he was freed from the Inflamation that attended his Knees

Knees and Ankles, notwithstanding his Riding after, and so continued to Bath till he was recover'd.

ALL the Inflamations of the Nervous Parts require cold Bathing, such are the *Asthma*, *Timpany*, *Priapismus*, *Incubus*, Inflamations of the *Stomach* and *Uterus*, and flatulent Tumours of the External Parts. These Diseases are produced by a hot rarified Spirit, and are easily relieved by cold Bathing, which compresses the rarified windy Spirits.

COLD Water pour'd largely upon any part affected with *Tetanus*, Cures it; therefore cold Baths are useful in the same Case and in the *Gout*, and other Pains where there is an Inflamation

he Membranes, for which cold aths are proper.

ALL Inflamatory Pains which epend on fizy Blood, such as ofe of the *Rheumatism*, Pains of e *Ears*, *Eyes*, *Limbs*, *Teeth*, *ead*, are certainly relieved by ld Baths. All Pains depending Salt or Corrosive humours, such the *Gout*, *Stone*, and *Strangury*. *e Pains of the* Kings-Evil *and* ancer *have not yet been try'd*, ys *Sir* John Floyer.

TO Answer which, I shall late a Case well known in this own, of Mr. *Trubshaw* of *Baw-*, in *Yorkshire*, who being Af-ted with the *Kings-Evil* very verely, had his Cure undertaen by Mr. *Barnard* and Mr. *een*, who, after they had used ir best endeavours to relieve

him, but invain, was worse tha
at first, having great *Ulcers* i
the Glands of his Throat, whic
were so virulent and inflam'd
they distorted his Neck, an
brought him into a very lo
and miserable Condition: Afte
this his Friends Consulted D
Baynard, who Advised the Pat
ent, to Mr. *Bayns's Cold Bath*, wit
out any more Hesitation, wher
in less than a Months time, h
was perfectly Cured, his *Ulcer*
were heal'd up, and his Nec
was reduced to its former Co
dition. And all this contrary t
the Opinion and Expectation
the most Learned Advice i
Town.

IF the *Apoplexy*, *Palsie*, an
Lethargy have a *Rheumatick Bloo*
and very sizy; upon that Accou
Cold Baths, after a sufficient Ev
cuatio

ulation by *Bleeding*, *Vomiting*, nd *Purging*, may excite the Stu- id, and promote the motion, oth of *Vivid Spirits* and *Sizy Blood*; and 'tis not to be thought Paradox, That *Cold Baths* show'd e proper for the *Apoplexy*, since is so useful for the *Palsie*, and ures, certainly, all the species f it; to which may be added e *Palsie* of the Eyes, *Mydriasis* nd *Phthysick*, the Flux of Tears, Weakness of the Lips, *Lapsus minis Astrophia*, *Nervina*, Palsie f the *Diaphragm*, Lungs, Guts *sophagus*, Stomach, Reins, and dden Death, which *Hippocrates* lls the Palsie of the Heart. 'Tis bvious to Argue, if *Cold Baths* n Cure all these effects of an *oplexy*, which we call different pecies of the *Palsies*, why may we not believe they may Cure e Stupor in the Head and

Limbs? *Celsus* very much com
mends the *Albulæ*, which are col
Waters, and Swimming in th
Sea for all *Palsies*. 'Tis certai
that *Hot Baths*, when us'd b
young, or *Hot Paralyticks* oft oc
casion a new Fit of the *Apoplexy*.

MR. *Lambert*, a *Yorkshire-man*
who Liv'd in this Town man
Years, has often told me, Tha
having made use of St. *Mongah*
Well, about thirty Years ago, fo
a continu'd Head-Ach, and ha
ving been often relieved fro
the Vexatious Symptoms of tha
Malady, by *Cold Immersion* h
was some Years ago seiz'd wit
a *Palsie*, which depriv'd him o
the use of both his Hands, wher
upon he was Advised to th
Baths in *Somersetshire*, which h
frequented for two Years togethe
but found not that relief promis
fro

from them: But, as Sir *John Floyer* has observed the use of the *Hot Baths* occasion some Fits of an *Apoplexy* in him, that he had not been sensible of before. After this he made use of Mr. *Bayn*'s *Cold Bath* in Town, but was debarr'd from the Prosecution of it by reason of his Age, which was near seventy Years, notwithstanding which I encouraged him to proceed in the use of 'em, and recover'd one Hand entirely, and the other was very warm, and he cou'd stir his Fingers, but it remain'd too Weak to do him any service.

AT the end of all Defluxions *Celsus* advises the change of the Air, and the use of common Water to Drink and Foment the Head; and since all *Hot Baths*, *Hot Wines*, *Hot Fumes*, produce

Defluxions, and increaſe them, it ſeems very Rational that Cold *Baths*, as well as waſhing the Head, will prevent them. In all *Catarrh's*, the *Rheum* is puſhed through the Glands, about the Mouth, Throat, Head, Neck and Waſhing the Head prevents the Defluxion of *Serum* that way by conſtraining the Glands.

A Young Man in the Pariſh of *Rotheram* in *Yorkſhire*, about Nineteen Years of Age, being Born of Melancholly Parents, but Naturally of a ſtrong Conſtitution, he was very Pale, and complain'd of a continual Pain in his left *Hypocondria*, of a laſſitude and wearineſs of his Limbs, and a Salt Humour wou'd often fall upon his Teeth and Jaws, ſo that it almoſt colour'd them Black; his Gums were ſubject

to

to Bleed by touching them, and his Teeth grew looſe; he had taken ſuch advice as that part of the Country wou'd afford, who pronounc'd him deſperately gone in a *Conſumption*. When he came to me, he appear'd in a very bad Condition, he had a troubleſome Palpitation of the Heart, which came by turns, and ſmall, weak and unequal Pulſe, a difficult Reſpiration, a compreſſion of his Breaſt, with a Cough, whereby he Spit a great deal of viſcid black Phlegm: I Judg'd this Caſe to be the height of the *Scurvy*, which is a Diſeaſe we are often miſtaken in; 'tis the Phyſicians *Ultimum Refugium*, like the Phyloſophers *Occult Qualities*. However, the Succeſs I had may juſtifie the Practice I took of adviſing *Cold Baths*.

FOR

FOR the *Scurvy* is often complicated with *Hemitrania*, *Pains*, *Dropsie*, *Jaundice*, *Ulcers*, *Vertigo*, *Asthma*, *Convulsions*, &c. and in all for the Scorbutick humour which is also *Acid*, *Fœtid*, *Acrid*, *Bitter*, *Bilious*, and like their Names which are *Bitterish*, *Fœtid*, and *Lixivial*; in all which *Cold Baths* are useful. Under the Name of the *Scurvy* divers Diseases are comprehended, because we may observe in it the Complication of divers *Cachochymias*.

ON the acrid Salt, or corrosive Humours depend the corrosion of the Teeth and Gums, the excessive Pruritus in the Skin, the *Diarhœa*, *Coughs*, *Sweats*, *Atrophus*, *Consumption*, and *Lixivial Urine*. On the Viscidity of the Blood, the *Hemitrania*, *Inflammations*, Pains in the *Skin*, *Limbs*,

Teeth, *Tonsils*, and all *Pustules* depend.

ON the Putrefaction of Humours the *Fœtor* of the *Mouth*, the spots in the *Skin*, putrid *Spittle*, scorbutick *Ulcers*, *Gangreens*, *Morphew*, *Scurf*, *Lepra*, *Hemorhagies* by Dysentery, *&c.*

ON the flatulent *Cacochymia*, all the Symptoms in the Nerves depend, Convulsive motions, Trembling, Stupor, Beating, Vermiculations, Coldness, Numbness, Palsie, Erratick Pains, *Chorea Sti-viti Cholick*, *Asthma*, *Epilepsy*, *Vertigo*, Hypondrick and Hysterick Causes. I have enumerated all these Symptoms of the *Scurvy* to shew in how many cases *Cold Baths* may be used for the *Scurvy*, and that where it agrees with the *Cacochymia*, it will generally agree

agree with all the Diſeaſes de-
pending on it.

I order'd the Patient three
Doſes of *Querceſans Tartariz'd*
Pills with *Ammoniacum* over
Night, and the *Cathartick Salt*
next Morning; he was let Blood
twice, both which times it was
very ſizy, which I depend upon
as a good Indication in this, and
in *Rheumatick* caſes, where, as
long as the Blood remains Sizy,
I have always obſerved it ſer-
viceable to the Patient. But this
not anſwering as expected, with
much entreaty I prevail'd upon
him to Bath in our *Cold Bath*.
At the firſt and ſecond time he
appear'd rather worſe than be-
fore; but upon the third Immer-
ſion he found a conſiderable al-
teration for the better, ſo that
he cou'd not believe but that it
was

was a Lightening, as he call'd it, before Death, but a perfect Recovery first happen'd, which was perform'd at fourteen or sixteen times washing, as I take it.

BY all these cases it will appear that *Cold Baths* are proper Specificks, and since we Live in a Country that every where abounds with excellent Fountains, we need never want the means to preserve our Healths; not but there are a great many inconveniences may attend the irregular use of *Cold Baths*, as by excess of staying in them too long, till the Blood is over Chill'd, or Persons using them, who are too Old and Weak, when their Spirits are sunk and decay'd, or after great Exercise, when the Body is too hot,

hot, or the Belly too full. To prevent which they ought to take advice, both for the proper time of Bathing, and whether it may be proper in the Diſeaſe they wou'd have reliev'd, for thoſe who Truſt to their own Experience in theſe caſes often pay for it with the Purchaſe of their Lives. For Remedies, though never ſo good, can never have that certain effect, unleſs us'd in proper Circumſtances, as Sir *John Floyer* ſays, as to Time, Doſe, Quantity, and in proper Conſtitutions and Diſeaſes; and if theſe be obſerv'd in the uſe of *Cold Baths* I doubt not but all Mankind will allow that *Cold Baths* are both ſafe and uſeful.

CAPTAIN *Crepigney*, lately an Officer in the firſt Regiment of Foot Guards, after a Fit of Sickneſs

ickneſs, attended with an *Inter-*
itting-Fever, was violently ſeiz'd
ith Spaſms and Contractions in
his Limbs, but more particu-
rly with a Lamenеſs in his
egs and Thighs, which was
ended with ſuch exceſſive
ins as admit not of a Deſcrip-
on: Upon Advice with me, I
mediately order'd him the uſe
the *Cold Baths*, and went with
im my ſelf to Mr. *Bayns*'s *Cold*
ath, where, as ſoon as he had
ath'd, which was about the
ace of two Minutes, and after-
ards Dreſs'd himſelf, he found
eſent relief from his Pain, and
t only ſo, but was able to
alk from the *Bath* to *Grays-*
n, tho' before he was not able
be held in a Coach, but cry'd
t as a Woman in Travel, all
e way we went thither. He
ash'd that Night again, and

next Morning, and then went in a *Calash* to a Country House he had near *Enfield*, where the *Paroxisms* continu'd some Days, tho' not so violent, and he order'd his Servant to put him in a large Tub, and Pump Water upon him, which encreas'd his Pains so that he was oblig'd to return to Town, and by Bathing once or twice more in Mr. *Bayns's Cold Bath*, he was totally Recovered.

PAULUS ÆGINETA commends *Cold Baths*, but gives this good Advice to use an exact Diet, and convenient Exercise. The Diet ought not to be too hot, because that will Breed acrid Humours, which being kept in the Body by *Cold Baths*, may occasion some prejudice to our Healths; therefore we must use

cool Diet, whilst we use *Cold Baths*; but immediately after *Cold Bathing* we may take some Cordial Liquors, as *Ale*, or *Wine*, if we be very Chill.

SIR *John Floyer* proves, from the Testimony of *Celsus*, *Cælius*, *Orobasius*, and many others, That *Cold Bathing* was the general Practice at *Rome*, from the time of *Musa*, in the 20th of *Augustus*'s Reign, till *Æginetа*'s time, which was near four hundred Years in that Empire: And since the Cure of Diseases by *Cold Baths* was generally Practiced by all People as well as their Emperors, that Practice of *Cold Bathing* must needs come with the rest of the *Roman* Customs to us, and certainly remain'd amongst the *Britains*, when the *Romans* left this Isle. The *Saxons*, who succeeded

the *Romans*, brought in the *Ger*
man Custom of Washing in Ri
vers for the preserving of thei
Healths, and that made them re
ceive the Baptismal Immersion i
Rivers and Fountains withou
any Scruple; and 'tis probable
that on these the first Christians
impos'd the Name of their Saints
and Religion Taught the Hea
thens to change the Names o
their Springs, and Dedicate them
to the Christian Saints, which
for their great Cures, were for
merly Dedicated to the *Damons*
So *Virgo*, the famous Spring a
Rome, which was Dedicated t
Diana, was afterwards Conse
crated *Divæ Mariæ Virgini*, as th
Learned *Baccius* affirms.

FINDING That *Tertullian*
approves of Cold Bathing in Me
lancholick Cases we may suppos
them

them a known Practice amongst the *Physicians* of those times, *Concedendum ut non modo in Calido solio, sed etiam frigidæ labro diutus immoretur.* I shall therefore give you the following Case. *Richard Wilson*, near *Rotheram*, I Cured of a Hypochondriack Melancholy which he had been afflicted with some time: His Case was thus, At first he felt almost a continual Pain in his Head, with a Swimming, or Giddiness; a Noise in his Ears; a rumbling Wind in his Guts, and Soure troublesome Belchings, with Heat and Pain in both *Hypochondria's*; more particularly Pain about the Region of his Stomach, and he was subject to Vomit upon every occasion; he was likewise attended with a strange Imagination, and a Trembling and Fear upon his Mind, by Intervals.

I order'd him two Doſes o the *Cochy-Pills* firſt, then to tak a Dram of *Cream* of *Tartar* i *Leintive Electuary* for ſome day together, afterwards he Dran of our *Guilthwaite-Spaw* Water and Bath'd in the Water fo the beſt part of the Summer which had ſuch effect upon him that he was never Trouble more with any of thoſe Symp toms which had perplex'd hi ſo long before.

PLINY and *Celſus* both com mend theſe kind of Waters for th *Stomach*, *Nerves*, and *Joynts*, an in the Reſolution of the *Stomac* and *Atrophy*. This Spring I ad vis'd a Maid Servant, Living over-againſt *Doyley*'s in the *Strand* to Mr. *Bayn*'s *Bath* in Town, ſhe had a Weakneſs came inſenſibly upon her, that at laſt had almoſt

depriv'd

depriv'd her of her Limbs, her Stomach was entirely loſt, and ſhe had a perpetual *Nauſea*, neither cou'd ſhe take any Reſt, but ſeem'd to look very Wild, and was diſorder'd in her Head; upon which, conſidering the Condition of her Stomach that no Internal Medicines cou'd have effect till that was reſtored, I order'd her not to delay going into the *Cold Bath* the next Day, which ſhe did, and upon three Immerſions found ſuch relief, that all theſe diſmal Symptoms vaniſh'd; and her Limbs are now reſtored to their former Strength, her Stomach is Strong and Vigorous, and ſhe Sleeps as well as ever ſhe did in her Life.

THE Caſe of the Lady *D*—, becauſe very remarkable, I ſhall here inſert.

THIS

THIS Lady, on the 28th of *February* 1705, having before an old *Ulcer* upon her Shin-Bone heal'd up, and cicatris'd, she accidentally scratch'd it with her Nails, upon which the *Ulcer* began to run a fresh, which, by degrees, encreas'd and grew foul, and very painful, insomuch that it resisted all sorts of Medicines. The Pain was excited by delerging Medicines; and the Humour boond in by astringents, so that the part had a red swelling upon it.

BEFORE three or four Months the *Ulcers* were spread over both the *Tibia*, by the application of *Leeches*, which were a long time e'er they cou'd be brought to Cicatrize; from whence I conceiv'd a great Weakness and Aptitude of the inferior parts to receive

receive too great a relaxation of the Paſſages and the Bowels, that were ſubſervient to this Flux of Humours. But it may be obſerved ſhe was more ſubject to theſe Affections and Diſorders of her Legs, at ſuch a time when Nature was more ſparing and diſorder'd in her uſual methods of Evacuation. The ſecond Night after I came ſhe was very ill, and Slept not at all; the *Ulcer* which before was clean, in one Night became foul, the Legs were ſwell'd, painful and inflam'd, and there was a great Itching upon all the Shin. The Nipples of her Breaſts were both Painful, but particularly that of the Right, which Symptom uſually happens throughout the whole Breaſt upon Suppreſſions.

HER

HER Foot, which for two days before had been very ill, in one Night was reliev'd, both from the Pain and Swelling. The *Ulcer*, from the application of *Basilicon* and the Empl. *de Minio Vigonis*, began to discharge Laudable *Pus*, and the Flesh appear'd more red; *Nature* which had stop'd its Course took its regular way again, by the assistance of *Hysterick*s.

THE 22d of *June* following she went into a *Bath*, Prepared of hot *Hysterical Herbs*, which Remedy she was accustom'd to, and had often received help from, and thought that the Intermission of it had been the occasion of a great share of her illness, because by the opening of the Pores of her Body, she was us'd to Evacuate Plentifully by *Sweat*. But

b

by this method she grew more sensible of the Pain of her Limbs, which had so fatigu'd her this Year. We were oblig'd to respite for a while the greater Remedies, which we rely'd upon to procure those Evacuations necessary, since she Labour'd under a continual Flux of Blood, for two Months together, therefore I order'd a warm Wine of *Roman Wormwood*, *Juniper-berries*, and *Rhenish Wine*, with an *Hysterical* Fomentation; in the mean time the Body was Exercised with moderate Walking, and Riding in a Chair, *&c.*

ABOUT the coming on of Winter she began to complain of a Weakness, and Pain of her Foot; and about *Christmas* she was seized with the *Gout*, and a Flux of her *Menses* succeeded, but

but the Blood was Watery, and of a Pale Colour. For fourteen Days she Eat nothing of solid Meat, and was brought so low, that she cou'd scarce rise up, and for two days was Feverish, but she was restored to a moderate state of Health by good Diet; but had a continu'd Flux to the 25*th* of *December*, which argued a great Weakness in the Noble Parts, and a suspicion that a *Dropsie* might soon ensue: After those Evacuations she was very Thirsty, the Spring following, for many Days, for which I prescrib'd a Cooling Julep of *Strawberries*, and Tincture of *Violets*. This she us'd with good success, and it was grateful to her Palate which I was oblig'd to Consult in all my Directions.

WHEN

WHEN her *Gout* had left her; nd only a *Preternatural Swelling*, oid of *Pain*, remaining upon her eet, ſhe propos'd herſelf to go o the *Sulphur Baths*.

HER Body was *Groſs*, and bounded with Serous *Viſcid Humours*; ſhe expected her *Menſes* n two Days.

ABOUT the *Internal Mal-* of her Left Foot, an *Ulcer* iſcover'd it ſelf, and by her Motion and Exerciſe, the *Hu-urs* flow'd about the *Ulcer*, om whence *Pain* was rais'd, nd the Fleſh grew black in a few Days, and a ſharp watry Matter ow'd out.

THE *Unguent.* of *Diapomph.* ith *Lapis Calaminaris*, was the aſt Remedy. The Shins were uite Surrounded with an *Aſtrin-nt Plaiſter*, and *Diacalcites* diſ-lv'd in the Oyl of *Roſes*.

HER Stomach was cold, an
she was Greedy after sharp thing
and was oppress'd with Wind
her Lips were dry'd and chap'
the Palms of her Hands hot an
dry, and her Breast and Fac
red with Spots and Pimples.

HER Blood was thin, ho
and abounded with a great dea
of *Serous Bile*.

SHE was soon Angry, and ha
a great Flushing in her Face.

SHE Slept little, and that u
quietly, and her whole Habit w
dry, and she Sweated difficult
which argued Obstructions in th
Glands, from a *Viscid Humour*.

HER Limbs were all Wea
Lax and Cold; if she Griev'd, sh
was presently *Feverish*; whatev
stir'd the *Humours*, rais'd the *Feve*

THESE things being consider'
I was of Opinion, she ought no
to *Bath* in *Hot Waters*, least th

Ma

Mass of *Humours* be put into too great a Motion, and the *Spirits* catch fire, and so a *Fever* follow: Nor wou'd I admit her to the *Cold Baths* without a due preparation of the whole Body by gentle Evacuations.

The Reasons why I was of this Opinon was, *First*, As the Body was *Gross* and full of *Humours*, there might be danger of a *Colliquation*.

SECONDLY, Because the Season of the Year was too hot, and the *Viscera* too subject to be put into *Flaxing*.

THIRDLY, Because those who are already in Evacuations, ought to abstain from *Hot Baths*, for fear of a *Hæmmorrage*.

FOURTHLY, Because the Blood being in such a State of *Solution*, there is danger, lest the Mass of *Humours*, shou'd fall upon

on the Weak Limbs, being too much Relax'd, and ſo make an *Univerſal Gout*.

THEREFORE, I rather choſe, firſt, to adviſe the following Medicines, than either the *Hot* or *Cold Baths*.

℞ *SENA* 2 ʒ, *Tartar* from *White-Wine* 2 ʒ, infuſe all Night in *Rheniſh Wine* 3 ʒ, then ſtrain and add Syrup of *Roſes Solutive* 6 ʒ, *Jalap* in Powder 1 ℈, mix for a Potion.

SOMETIMES, inſtead of the forementiond Potion, I order'd the *Gout* Powder and Pills as follow.

℞ *TURBITH Scammony* prepar'd an ℈ ſs, Seeds of *Dwarf-Elder* 1 ℈, mix for one Doſe.

The Gout *Pills.*

℞ *JALAP Sena* an *i.* ℈, *Cream of Tartar* ℈ ſs, *Camboja* gr. v. with

with Oyl of *Mace* by Expression, make 'em into Pills.

THE 6th of *May* following she expected her usual *Flux* within three or four Days, at which time it wou'd have been Absurd to proceed with those Medicines. Her Face grew Red, flush'd all over with Pimples, which was a certain Concomitant at those times: But she wou'd use the *Bath-Waters*, and wash her Legs therewith, tho' to no purpose. I therefore order'd her the following *Clyster*.

℞ ROOTS of *Bryony*, round *Birth-Root* an ℥, *Marsh-Mallows*, *Pellitory of the Wall*, *Mugwort* an M. *i*. Flowers of *Camomile* and *Melilot* an P. *ii*. *Fennel-Seed* and *Sena*, of each an ʒ, *Juniper-Berries* ʒ ij. Boil all in *Spring-Water* to a Pint, then add *Hiera Picra* ʒ *vi*, Syrup of *Roses Solutive* ℥ *i*, make a *Clyster*.

FOR the great Pain she com plain'd of in her *Ancle-Bone*, I pre scrib'd that most Excellent Emplai ster call'd the *Dukes Black Plaister*.

AFTER this her Face grew Dry and Scabby, and I order'd the following *Cosmeticks*.

A Pomatum.

℞ SWEET *Almonds* one ℔ the four *Cold Seeds* two ℔, whit *Poppy Seed* four ℥, beat them well in a Marble Mortar, wit a Wooden Pestle, then expres the Oyl without Fire: To thes add the Marrow of *Calves-Fee Bones* Clarified four ℥, the Fa of a *Doe*, and *Sperma Ceti* on ℥, wash 'em well with whit *Rose-Water*, then add white *Su gar-Candy* and *Borax* an ℥.

A Cooling Water for the Summer

℞ NEW *Milk* six ℔, th

Bloo

Blood of a *Calf* new Kill'd, and well ſeparated from its Fibres, four ℔, the Juice of the greater *Houſe-Leek* two ℔, Flowers of the white *Lilly*, and white *Roſe* one ℔, Diſtil all in *Baln M.* take of this Diſtilled Liquor four ℔, choice *Myrrh* two ʒ, then rectifie in the ſame *Baln* for uſe, which cleanſes the Skin, and takes away any Redneſs.

Myrrh-Water for Winter.

℞ THE Milk of a *Goat* two ℔, the Blood of a *Lamb* hot three ℔, Juices of *Houſe-Leek*, *Lemmons*, and *Strawberries*, one ℔, the whites of 12 *Eggs*, Diſtil them in *Balneo Mariæ*, take of this Diſtil'd Water two ℔, *Sack* two ℔, *Roſe-Water* two ℔, *Myrrh* ſix ʒ, Diſſolve the *Myrrh* in the Wine firſt, and Diſtil again as at firſt.

The Beautifying Wash of Bulls Galls.

℞ OF Bulls or Oxes Galls ſeparated from the Fæces ſix ℔, Juice of *Briony* expreſs'd two ℔, fine *Honey* two ℔, *Sack* three ℔, *Myrrh* four ℥, Oyl of *Tartar per Deliquium* two ℥, *Sal Gem* one ℥, prepare all and put 'em into a large Glaſs-Veſſel which will remain half empty, let it be cloſe ſtopt, and expos'd to the Sun for 40 Days, and as many in Sand, afterwards let the Veſſel be cover'd in a Cellar in Sand for two Months, then filter thro' Brown Paper, and let the Face be waſh'd as often as occaſion requires.

For the Heart-Burn, *preſcrib'd to the ſame Perſon.*

℞ FINE *Chalk* ground on a *Porphiry*, with *Roſe-Water* on

℥, *Crabs-Eyes* and *Coral* one ℥, *Nutmegs* one ʒ, white *Sugar-Candy* two ℥, *Gum-Arabick* and *Tragacanthan* one ℈, make a Mass to be form'd into Troches.

The Red Pomatum for the Lips.

℞ OF the white *Pomatum* already prescrib'd two ℥, white *Wax* one ℥, *Cochineal* dissolv'd in Spirit of Wine two ℥, put 'em all together in a Glass Vessel, and place 'em in a warm *Bath*, continually stirring with a clean *Spatula* for four Hours, then add *Ambergreise* four *Gr.* *Zibet* two *Gr.* and cast it into what form you please; it Cures Chapt Lips, and gives a Graceful Colour to such as want it.

AFTER she had been Purg'd with such forms of Medicines as I have mention'd, I order'd *Blood-letting*, as proper both for *Revulsion* and

and *Evacuation*, and therefore 12 Ounces were taken; but when her *Gouty Pains* and *Hardness* of the Parts encreas'd, I apply'd about the *Ulcer* this *Implaister*.

℞ OF the *Dukes Black Plaister* two ℥, *Crude* ℈ kill'd with Oyl of *Roses* two ℥, mixed together afterwards, upon the encrease of the Humour upon the *Oedematous Foot*: And to remove the sensible *Inflamation* I order'd

The Oyntment of Lime.

℞ QUICK *Lime* what you please quench'd in *Spring Water* and wash'd for 10 Days together by pouring fresh Water and filting, dash of ball, wash it in *Plantane-Water*, and dry it, then take Oyl of *Roses* one ℔, Juice of *Plantane* three ℔. Boil 'em together to the Consumption of the Juice, and separate from the

Faces

Ferus: Take of this Oyl so prepar'd eight ʒ, the *Lime* prepared two ʒ, white *Bees-Wax* three ʒ, mix the *Oyl* and *Wax* together, and when they begin to Cool add the *Lime*, work 'em well in a Leaden Mortar, or else with a little burnt *Lead* or *Antimony*, and the *Ointment* will be of a grey Colour: It is Excellent for the Purposes design'd.

BUT Winter drawing on, the 10th of *November* the *Ulcer* on her left *Foot* turn'd into *Gouty Pains*, and the great *Oedema* ceasing, the *whole Foot* swell'd with the *Ancles*, so that a new *Cicatrize* was broken; and lastly the *Ulcer* show'd it self the bigness of a Shilling, upon which a *Fomentation* of *Lime* was order'd, with Red *Rose-leaves*, *Henbane*, *Yarrow*, and *Plantane*, and the *Dukes Black Plaister* one ʒ, *Mercury* precipitate

precipitate and well wash'd, three times, so the *Pain* was relieved, and the *Ulcer* cleansed, to the Patient's great Satisfaction.

UPON this I took a short Journey into the Country, and left the Lady in a pretty good Constitution of Body; but the *Malignity* of her *Ulcer* occasion'd a great Difficulty in the Cure of it, by reason of a great quantity of Matter that flow'd from it, and the *Acrimony* of the Humour, which was so *Corrosive* as to occasion the sharpest and most vexatious *Pain*; for the Correction of which, I left Directions for the use of a *Vulnerary Wine*, but so many Medicines were, in the Interim, prescrib'd by *Fools* and *Ideots*, that all the Intentions I aim'd at were frustrated. It is a Miserable Condition that *Physicians* are expos'd to, when they meet with *Patients* that

hat are so ungovernable as to follow no Directions but what their own Wills prescribe them.

IN three Weeks and little more I return'd again to *London*, and the Day following Visited the Lady, whom I found *Cacheclical*, and labouring under a great *Deliquium* of *Spirits*, which had Invaded her three times that Day, but she had been very Weak some Days before.

THE cause she attributed to her great Rest and want of Exercise, since she had laid in Bed so long, in order to the Cure of her *Ulcer*.

HER *Face* was very Pale, look'd Yellowish, and was Swell'd, towards Morning her *Eyes* wou'd appear *Oedematous*.

THE whole Body was cold, and sometimes trembled with *Horror*.

UPON the least motion of her Body, her Respiration was quick,

and ſomething difficult, and there was too great a Pulſation of the *Arteries*.

THE Tingling and Noiſe in her Ears was troubleſome, eſpecially when ſhe lay down.

HER Dreams diſturb'd her, and ſhe had a frequent Shivering and Palpitation; her Belly ſeem'd fuller than uſual, yet ſoft; her Appetite was loſt, and ſhe had a troubleſome Thirſtineſs upon her.

ALL theſe things threaten'd a *Dropſie*; the Liver being debilitated, and the heat loſt, and the Tone of the Parts broken, by the continued uſe of *Rheniſh* Wine, and a bad Diet, together with the frequent taking of *Cinamon*, and other hot Cordial Waters.

CONSIDERING the eminent Danger of the caſe, and having the whole Direction left to my ſelf, I could think of nothing powerful enough

enough to give assistance but the *Cold Bath*, which, if the Lady cou'd bear for two or three Immersions, I question'd not but she wou'd find Relief; therefore, in order to it, I order'd her that Night a common *Clyster*, and the next Morning, at Eight a Clock, a gentle Potion, to procure Evacuation.

THE Day following I directed the *Cold Baths* in *Charles-Street*, *Covent-Garden*, that being the nearest at hand, and the Patient very Weak and Faint, so that the first time she seem'd to dye away, and, indeed, there appear'd a great deal of danger that she would not be able to undergo a second Immersion, tho' this first was so short, she continued not in the Water above Six Seconds.

WE were oblig'd to wait two Days before we durst attempt a second Tryal; but the necessity

of her Condition rais'd her Cou
rage ſo, that the Lady ſeem'
better diſpos'd to it now, than th
firſt time, and ſtay'd in the Wa
ter almoſt a Minute, but ſti
found a Faintneſs, even in th
Water, tho' nothing like the firſt
That Night ſhe Slept better tha
ſhe had done two Months before
and when ſhe Wak'd, found
herſelf in a warm gentle Sweat
a thing ſhe had not diſcover'd
herſelf a Year before. When I
came the next Morning, ſhe wa
Tranſported with theſe promiſing
Symptoms, and ſo encourag'd, ſhe
was for riſing inſtantly to be car
ry'd to the *Bath*, which I diſwa
ded her from till the next Day.
In the Evening I was ſent for again
her former *Faintings* returning up
on her, which were ſucceeded al
ways with *Colliquative Sweats*. The
next Morning ſhe Bath'd again,
without

without any appearance of her usual *Fits*, and continued in the Water a full Minute: This Day was the first time she had any Appetite to Flesh Meat of any kind; and she thought, by the eagerness of her Stomach, she cou'd eat a large Fowl. And she really eat the best part of a *Chicken*, having not eat so much before that in half a Year, and more.

AFTER this she went into the *Bath* about fourteen times, and then got a Tub to *Bath* in her own House, which she makes use of to this Day, and by that means maintains herself in a moderate State of Health, which she enjoys purely by this means, for if she leave of the use of *Bathing* for a Week together, she finds a return of her *Faintings*, her Legs swell, and she continually is apprehensive of breaking out again of her *Shin Ulcers*, which are now

perfectly *Cicatriz'd*: But while she washes, she sensibly perceives the former grievous *Symptoms*, under which she labour'd so long, are abated; she feels nothing now of her former Tremblings, the Singing and Noise in her Ears is quite gone, her difficulty of Breathing is nothing nigh so great, and she has a tollerable Appetite, which she finds much better by taking the Air, and using gentle Exercise. In short, she is become a new Woman, and is now the Admiration of all that knew her in her Sickness.

I shall relate but one Case more besides that of Mr. *Thomas Pearse*, Surgeon, at *Sheerness*, and which is attested under his own Hand.

A Young Gentleman, whom it is by no means proper to Name, because he is reclaim'd from his Extravagant Courses, and now lives Reputably among his Friends, af-

ter

ter the moſt Irregular and Lewd Life for three or four Years together, in which time he had been ſeven or eight times *Clap'd*, *Pox'd*, and *Flux'd*, at laſt apply'd himſelf to me, when he was in a very Miſerable Conditon, his Tongue was all full of *Ulcers*, and one ſide of it ſpread over with a *Callous*, which I perceiv'd had been occaſion'd from his uſe of *Vitriol-Stone*, and ſuch like *Cauſtricks*, he had almoſt loſt his Voice, and he had a dry *Leprous Scab* upon his Arms, Elbows, under his Knees, in the Gartering place, *&c.* I found Bleeding under the Tongue wonderfully relieve the *Calloſity* of it, and that, with ſome proper *Gargariſms*, ſoon freed his Mouth from the *Ulcers*: After this I put him into a gentle *Spitting* that he might go Abroad with, and that, together with an *Electuary* afterwards of *Sweeteners*, freed him entirely

entirely from his *Leprous Scabs*. However, Living very Wild, and Drinking exceſſively, he would every now and then complain of *Shooting Pains* in his Shins, Brawn of his Arm, and other parts of his Body, which proceeded from his manner of ſitting up all Night, and bringing on him cold which caus'd thoſe *Rheumatick Pains*, rather than from any *Veneral Ferment* that remain'd. However, nothing wou'd ſerve him but to be *Salivated*, which I refus'd to do; ſo he went to *Kenſington*, and was there put into a *Flux*, which was ſo ill-manag'd he was forc'd to undergo a ſecond lying down, which was ſo ſevere upon him he hardly eſcaped with his Life, tho' he had the beſt Conſtitution I ever met withal.

AFTER 16 Weeks, in which time I ſuppos'd him not to be in the Land of the Living, he applies himſelf

himself to me again, and beg'd I wou'd take Care of him once more, and he wou'd never follow any other Advice. In short, I could not forbear pitying his Folly, that had now reduc'd him to a meer *Skeleton*; his Body, which was before *Muscular*, *Robust*, and *Strong*, was now quite *Emaciated*, his Eyes were sunk into his Head, his Sleep gone from him, and his Appetite entirely lost; and to compleat all, he was Languishing with faint *Colliquative Sweats*, and had a violent *Bloody-Flux*.

I told him presently his Danger that it was possible to draul on a few Days or Weeks in Misery, but that he was a Dead Man, without the *Cold-Baths* assisted him; but a Desperate Case must have a Desperate Cure. I told him I wou'd not warrant his coming alive out of the Water, but assured him he had

had a better chance for it than in the Condition he was in. Being a bold desperate Fellow, he answer'd briskly, *He would venture instantly*, and accordingly went that Morning, it being then about Ten a Clock: I saw him not again till he had Immers'd three times, after which he comes to me, tells me he was Cured, for that he Eat, Drank, and Slept as well as any Man in *Christendom*, his *Sweats* had left him, and nothing remain'd now but his *Bloody Flux*. He was then design'd for *Tunbridge-Wells*, where I was going my self, so that there I order'd him a *Chalibeate* Course with the *Balsamicks*, and in three Weeks time his *Bloody-Flux* ceas'd, and he became as it were a new Man, only he ne'er recover'd his Flesh, nor his Complection to this Day.

To

To Dr. *Joseph Browne*, at his House in *Bow-Street*, *Covent-Garden*.

SIR,

YOURS of the 31st. Ultim. *I received late on* Sunday *Night, which occasions my not Answering your Request sooner. My Case is as follows, (viz.) In* June, 1705. *I was taken with very severe* Gripings, *attended with* Vomiting, Costiveness, Drowth, *&c. which Symptoms I have since imputed to my Drinking* Punch *over-sharp. I sometimes found some interval of ease by the use of strong* Purgatives, Clysters, *and* Anodines, *but seldom free from excessive Torture above a Week, till about the latter end of* March, 1706. *after a very severe Fit I was depriv'd first of the use of my Hands, my Fingers being so close contracted, as not being capable of being dilated, and afterwards*

terwards of my Legs, with aching Pains from my Shoulders to my Fingers-ends, and from my Hips downwards. In this Condition I was remov'd from Sheerneſs to London, where, being treated by my Phyſicians with Emeticks, Clyſters, Mercurial Roles, Pills, Ruffi, Bath-Waters in abundance, Chalibeat Bitters, Cum multis aliis, for the ſpace of Two Months, and finding my ſelf ſtill worſe, my Stomach being Nauſeated, and my Body Emaciated to a Skeleton, My Spouſe adviſ'd me to apply my ſelf to you, to whom I was before an abſolute Stranger. I muſt confeſs the thoughts of Cold Bathing was very terrible to me, but when I reflected on my long Illneſs, my acute Pains, and my little proſpect of Recovery, I ſoon took your Advice, and was carried to Mr. Bayn's Cold Bath, where (after my ſecond Immerſion) I could, without help, open my Fingers, which had been ſo long

contracted

ntracted, and by a very little Support uld Walk about the Garden, and in ree weeks was able to go Abroad about y Business, and my Stomach encreased ily. I was then oblig'd to return to y Duty at Sheerness; and, to com- leat my Cure, carried down with me Bathing-Tub, made for that pur- se, which being every Morning fill'd ith cold Water, I Immers'd daily for ree Months; when being very well covered, to pristine my Health and Constitution, I discontinued the use hereof, and since that have remained as perfect Health and Vigour as er I was before.

SIR, I have here given you a per- t and true Account of my late In- spotion and Cure as you have desir'd, d I hope you'll please to pardon the nner and indifferency of the Stile. hat I have wrote has been to give you atter of Fact. I have since made me particular Observations in my

Practice from Cold Bathing, *which in my next I'll relate to you; in the mean time I beg that you'll please to believe that (with all imaginable Respect) I am*

Sir,

Sheerness, June 11, 1707. *Your most Obedient Servant*

Tho. Pearse.

A Table of Diseases in which Cold-Baths *are proper.*

A Norexia. A Nauseating of Victuals, or continual straining and wretching to Vomit, this proceeding frequently from *Hard Drinking*, *Surfeits*, and the like which occasions too great a *Dilatation* of the Stomach, will be assisted by three Immersions, staying in from a Minute to two.

Animi Deliquium. A Faintness

of

or ſometimes a Suppreſſion of Spirits, produc'd from the *Vapours*. This is an attendant of almoſt all Diſeaſes, and therefore requires the *Phyſicians* immediate Directions, but Perſons labouring only under that, when the Diſtemper that occaſion'd it is worn off, may ſafely venture the *Cold-Bath*, but muſt only Immerſe at firſt, without ſtaying in at all, till they find by their own Strength how long they can bear it, but never attempt above three Minutes at the fartheſt.

Aſtma. A difficulty of *Breathing*: This is a very Nice Caſe to recommend, it being often complicated with the *Dropſie*, *Pthyſick*, &c. this Method is not to be attempted in this Caſe without conſiderable *Evacuations* by *Phlebotomy*, *Cathartick*s, and *Diuretick*s too. The *Bath* muſt be us'd ſparingly at firſt, continuing only to Immerſe for 10

or 12 times Successively, and to follow *Bathing* a Month or six Weeks every Morning Fasting, when there is most room in the Vessels.

Cancer. The difference of Opinions about the *Cancer*, makes it as difficult to determine what it is, as how to Cure it. The *Cold-Baths* have been found Remarkably Serviceable in the most Obstinate of these Cases, but they must be us'd frequently, and for a considerable time. In this Case, if the Patient be otherwise in a tollerable State of Health, they may bear the *Bath* 5 Minutes, as long a time as it is Serviceable in any Case.

Cardialgia. Heart-burn, which is an Inflamation at the Orifice of the Stomach, which I have known reliev'd by 3 or 4 Immersions for some Years.

Cephalalgia, &c. *Head-Ach*, whether continued or accidental, is reliev'd

liev'd by *Bathing* about 7 or 8 times, or more according to the urgency of the Case, after *Bloodletting*, and cooling *Evacuations*.

Colica Passio. The *Cholick*, that is become habitual, as I may say, is only to seek for Remedy here; where the most Obstinate Cases have been relieved in five or six Immersions, and such as have come from our Plantations with the *Dry Belly-Ach* have found Ease in the second and third *Bathing*.

Convulsio. The *Convulsion*, especially in Children, is a Case it ought never to be neglected in the Cure upon the first Fit is almost certain, unless there be some decay in the Child which it brought into the World with it, as the want of a *Caul*, a *Waste* and *Consumption* in the *Bowels*, of which so many Hundreds dye in a Year.

Epilepsia. *Epileptick* Fits are wonderfully and suddenly reliev'd by the use of *Cold-Bathing*, they oftentimes proceeding from an Inflamation of the *Ventricle* of the *Brain*, and attended with *Convulsions*. I have heard of an *Epileptick* Person by falling into one of these *Cold Springs* by accident, was totally freed for his Life after. There is not that Absolute Necessity for preparing the Body in this Case as in many others, but the Patient ought to bear 3 or 4 Minutes constantly in the Water.

Erisipelas. St. *Anthony's-Fire*, a *Leprous* kind of *Inflamation*, if Obstinate resists all manner of Medicines; but seldom but is totally Cured with the constant use of *Bathing* for a Year, some have been obliged to 2 or 3, where their Distempers have been Inveterate. In Children this and all kind of *Rashes* are

are ſafely Cured in 3 or 4 Immerſions.

Febris Hectica. A *Hectick Fever*, if attended with *Colliquative-Sweats*, is the moſt ſecurely and certainly Cured by gentle *Bathing*, once in 2 or 3 Days only Immers'd, and no more.

Hernia. A *Rupture* of any kind is very much relieved in grown Perſons, and eaſily Cureable in Infants, before they be 17 Years of Age.

Hydrops. The *Dropſie* in general, if taken early, the Patient may venture ſafely to Bath in, and receive relief, otherwiſe it is dangerous.

Ictterus. The *Yellow-Jaundice.* In the decline of this Diſtemper nothing ſooner reſtores to their former Strength than *Cold-Bathing*, it takes away the Tawny Colour of the Skin, invigorates the Appetite, and prevents thoſe *Faintings* ſo common to this Diſeaſe. Three or four times are ſufficient in common Caſes, not ſtaying in above one Minute each time.

Incubus. An Oppreſſion in the Night time, attended with a difficulty in Breathing, ſometimes it is conſtantly relieved by 2 or 3 Immerſi-

ons.

ons, which ſtrengthens the Tome of the Parts, adds a Spring to the Muſcles, and gives a Conſiſtency to the Blood.

Lethargus. The *Lethargy.* This Diſeaſe requires Time and Application, being rooted in the habit of the Body, and therefore a good method and diet is neceſſary before the uſe of *Cold-Bathing*, which will confirm the Patient in his Health beyond any courſe of *Phyſick* ever yet thought of, for it relieves that *Unactive Stupidity* ſo familiar in this Caſe, ſqueezes the thick and viſcous Blood thro' the *Strainers*, which nothing but violent Exerciſe, which every one is not capable of, can perform.

Lues Venerea. The *Venereal Diſeaſe*, with all its Symtoms, even to a confirm'd *Pox* it will abſolutely Cure with little aſſiſtance. The *Gonorrhea* is Cured by *Revulſion* in 3 or 4 Immerſions, and the *Fluor Albus* in Women is more Succeſſfully relieved by this means than any other yet in Practice.

Mania, &c. *Madneſs*, *Melancholy*, and all their Retinue may undoubtedly find

find better effects from the use of *Cold Bathing*, than all those violent Methods they are now treated with: If laying them Naked in Straw is of service to 'em, there's no reason to imagine, but that *Immersing* in *Cold Water* wou'd free them from many of those grievous Symptoms which perplex 'em from a continued *Inflamation* of their *Brains*. That which will make a *Drunken Man Sober* in a Minute, will certainly go a great way towards the Curing a *Mad-Man* in a Month.

Mensium Suppressio. The Suppression of the *Menses*, we find every Day try'd with good Success, 3 or 4 times is sufficient in this Case, either after *Blooding* or gentle *Purging*.

Oedema. Oedematous Tumours are relieved by this Method, after they have been disguisted for many Years, yet by the great variety of Applications, and Complication of different Causes. Wash constantly for a Fortnight together, and then the Part need only be set in a Tub for 10 or 13 Minutes together, without a total Immersion.

Ophthalmia. All Afflictions of the Eyes

Eyes are assisted by 3 or 4 Immersions, if Benefit is not found in that time, it may be taken as a sure Indication not to persist in the use of them: But I never knew them fail to give some Relief in those Cases almost instantly.

Paralysis. The *Palsie* is a Case peculiar to *Cold-Bathing*, & where more may be expected from a right use of them, than any Method of *Physick* yet in Practice, especially when the Distemper is confirmed.

Phthysis. 'Tis a *Consumption* in general, but these Waters, tho' not proper for every sort of *Consumption*, are highly Serviceable in many, as a *Consumption* from a *Gonorrhea*, a *Consumption* from the *Green-Sickness*, and *Consumption* from the *Scurvy*, a *Rheumatick Consumption*, and the like; but in these Cases *Bathing* is but to be us'd sparingly at first, and some time is required.

Singultus. Violent *Hiccops*, when attended with *Convulsive Ructations* of the Stomach, are suddenly Cured by one or two Immersions, tho' they have been Customary to the Patient, and otherwise

otherwiſe of very dangerous, as well as troubleſome Conſequence.

Sputum Sanguini. A ſpitting of Blood, tho' ſo conſiderable as to come to a *Peripneumonia*, receives Benefit from *Cold Bathing* inſtantly, for it fixes the *Diſcontinuity* of the Blood, which is always upon the *Ferment* in theſe Caſes. Beſides which, it cloſes the Mouths of the *Capillary* Veſſels from whence the Blood pours, ſometimes in great quantities: Their *Membranes* being dilated by the great Inflamation throughout the whole Body are hereby at once contracted, and there only needs a little caution of *Blood-letting*, or gentle *Evacuations* to perfect a Cure, by Moderate *Bathing*, not exceeding two Minutes the longeſt time of ſtaying in the Water.

Scrophula. *Scrophulous* Caſes formerly not attempted by *Cold-Baths*, have of late found the quickeſt, ſafeſt, and pleaſanteſt Cure by this Method, whereby they have been freed from the Torments of a long courſe of *Phyſick*, and perhaps much longer of *Surgery*, with all the Train of *Cauſticks*, *Iſſues*, *Setons*, and the like. *Tuſſis.*

Tussis. *Coughs* of all kinds, whether *Pibysicky* or *Catarrhous*, may safely venture, and find more relief than they must expect from *Syrups*, *Lobochs*, *Linctuses*, and God knows what beside, that at last may Cure them of a single *Cough*, to entail upon them a lasting Remedy, worse than their first Disease.

Vertigo. *Swimming in the Head*, *Megrim*, and the like, are presently reliev'd by a slender and moderate use of *Cold-Bathing*, especially after *Evacuation* by *Vomit*, or the like.

A Table of Diseases in which Cold-Baths *are Dangerous.*

Apoplexies. *Diarrhœas.* *Confirm'd Dropsies.* *Dysenteries.* *Empyema's.* *Fevers* of all kinds, except *Tertian* or *Quartan.* *Mortifications.* *Pleurisies.* *Pestilent Fevers.* *Small-Pox.* *Measles.* *Seirhouses.* *Syncopes* of the *Heart*, and sudden Difficulty in Breathing.

FINIS.

BRITISH MUSEUM

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